



read  
play  
learn  
run  
dream

# JANUARY



## Elementary Breakfast Menu 2020



Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.75
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
Extra Milk	.50

**NON-DISCRIMINATION:**  
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

**Fresh Fruits & Vegetable Bar Offered**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 <b>OPEN SITE MENU:</b> CEREAL VARIETY	3 <b>OPEN SITE MENU:</b> CEREAL VARIETY
6 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	7 WHOLE GRAIN DONUT OR CEREAL VARIETY	8 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	9 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	10 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR
13 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	14 WHOLE GRAIN DONUT OR CEREAL VARIETY	15 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	16 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	17 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR
20 <b>Martin Luther King Day</b> 	21 WHOLE GRAIN DONUT OR CEREAL VARIETY	22 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	23 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	24 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR
27 BREAKFAST PIZZA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	28 WHOLE GRAIN DONUT OR CEREAL VARIETY	29 BREAKFAST TAC-GO, SALSA OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR	30 CINNAMON TOAST CRUNCH FILLED PASTRY BAR OR CEREAL VARIETY	31 APPLE CINNAMON TOAST OR BLUEBERRY POP TART OR STRAWBERRY NUTRIGRAIN BAR



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using [www.myschoolbucks.com](http://www.myschoolbucks.com)





# January

**CHECK OUT THE NEW MUNCHABLE MEALS OFFERED EACH DAY AT LUNCH!**

## Elementary Lunch Menu 2020

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	\$2.75
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
Extra Milk	.50

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- All Meals Served With Choice of Milk:
- 1% White
  - Fat Free Strawberry
  - Fat Free Chocolate
  - 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 <b>OPEN SITE MENU:</b> CHEESE PIZZA SMART COOKIES COOKED CORN PEARS CHOICE MILK	3 <b>OPEN SITE MENU:</b> TURKEY & CHEESE SANDWICH CHEEZ-IT CRACKERS CARROTS APPLESAUCE CUP MILK
6 CHICKEN & WAFFLES, SYRUP OR RIB-Q ON BUN, CHEETO PUFFS OR YOGURT MUNCHABLE	7 GRILLED CHEESE, TATER TOTS OR QUESO CHICKEN NACHOS, SALSA OR SUNBUTTER & JELLY MUNCHABLE	8 SPAGHETTI, BREADSTICK OR MINI CORN DOGS OR PIZZA MUNCHABLE	9 CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO OR YOGURT MUNCHABLE	10 FIESTADA PIZZA OR SAUSAGE & EGGS BISCUIT OR SUNBUTTER & JELLY MUNCHABLE
13 CHICKEN & NOODLES, BISCUIT OR HOT DOG OR YOGURT MUNCHABLE	14 BEEF ENCHILADAS MEXICAN-STYLE RICE OR CHICKEN SANDWICH OR SUNBUTTER & JELLY MUNCHABLE *BIRTHDAY TREAT	15 FISH NUGGETS MAC N CHEESE OR CHEESEBURGER OR PIZZA MUNCHABLE	16 MEATLOAF MASHED POTATOES & GRAVY HOT ROLL OR NACHO BITES, SALSA OR YOGURT MUNCHABLE	17 CHILI, CRACKERS CINNAMON ROLL OR CHEESE PIZZA OR SUNBUTTER & JELLY MUNCHABLE
20 	21 HOT HAM & CHEESE PANINI SWEET POTATO TRAX OR FIESTA NACHOS OR SUNBUTTER & JELLY MUNCHABLE	22 LASAGNA ROLLUP OR MINI CORN DOGS OR PIZZA MUNCHABLE	23 BREADED CHICKEN DRUMSTICK MASHED POTATOES & GRAVY DINNER ROLL OR RIB-Q ON BUN OR YOGURT MUNCHABLE	24 CHEESE PIZZA OR CHEESY SCRAMBLED EGGS FRENCH TOAST STICKS OR SUNBUTTER & JELLY MUNCHABLE
27 CHICKEN SANDWICH OR MAC N CHEESE OR YOGURT MUNCHABLE	28 HARD SHELL TACOS, SALSA MEXICAN-STYLE RICE OR CHEESE RIPPER, MARINARA OR SUNBUTTER & JELLY MUNCHABLE	29 CHICKEN TERIYAKI LO MEIN NOODLES OR RIB-Q ON BUN, CHEETO PUFFS OR PIZZA MUNCHABLE	30 BREADED BEEF FINGERS MASHED POTATOES & GRAVY HOT ROLL OR NACHO BITES, SALSA OR YOGURT MUNCHABLE	31 CHEESEBURGER, BAKED FRIES OR PEPPERONI PIZZA OR SUNBUTTER & JELLY MUNCHABLE



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using [www.myschoolbucks.com](http://www.myschoolbucks.com)

**Fresh Fruits & Vegetable Bar Offered Daily.**