

# January

## Elementary Traditional Breakfast Menu



We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.idschools.org/>

Meal Prices	
<b>Student</b>	
Breakfast	\$1.60
Reduced	.30
Lunch	\$2.65
Reduced	.40
<b>Adult</b>	
Breakfast	\$2.00
Lunch	\$3.45
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**

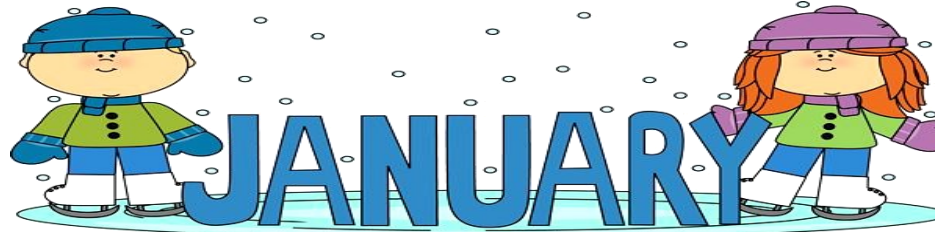
Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 <b>OPEN SITE MENU</b> CEREAL VARIETY	3 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY	4 CONFETTI PANCAKES OR ASSORTED POP TARTS
7 CHOC CHIP FRENCH TOAST OR ASSORTED POP TARTS	8 WHOLE GRAIN DONUT OR CEREAL VARIETY	9 APPLE FRUDEL OR ASSORTED POP TARTS	10 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY	11 CONFETTI PANCAKES OR ASSORTED POP TARTS
14 CHOC CHIP FRENCH TOAST OR ASSORTED POP TARTS	15 WHOLE GRAIN DONUT OR CEREAL VARIETY	16 APPLE FRUDEL OR ASSORTED POP TARTS	17 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY	18 <b>OPEN SITE MENU</b> CEREAL VARIETY
21 	22 WHOLE GRAIN DONUT OR CEREAL VARIETY	23 APPLE FRUDEL OR ASSORTED POP TARTS	24 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY	25 CONFETTI PANCAKES OR ASSORTED POP TARTS
28 CHOC CHIP FRENCH TOAST OR ASSORTED POP TARTS	29 WHOLE GRAIN DONUT OR CEREAL VARIETY	30 APPLE FRUDEL OR ASSORTED POP TARTS	31 WHOLE GRAIN BREAKFAST BUN OR CEREAL VARIETY	



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 [MypaymentsPlus.com](http://MypaymentsPlus.com)





## Elementary Lunch Menu

We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.idsdschools.org/>

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Meal Prices Student**  
 Breakfast \$1.60  
 Reduced .30  
 Lunch \$2.65  
 Reduced .40  
**Adult**  
 Breakfast \$2.00  
 Lunch \$3.45  
 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

	1 	2 <b>OPEN SITE MENU</b> CHEESE PIZZA RASPBERRY MINI BITES COOKED CORN MIXED FRUIT CUP MILK CHOICE	3 CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL OR PIZZA CRUNCHERS DIPPING SAUCE	4 ORANGE CHICKEN STIR-FRY STEAMED RICE FORTUNE COOKIE OR MINI CORN DOGS
7 FISH STICKS TWISTED MAC N CHEESE OR PIZZA QUESADILLA, SALSA	8 BEEF ENCHILADAS MEXICAN RICE OR PEPPERONI PINWHEEL	9 CHICKEN ALFREDO BREADSTICK OR CHEESEBURGER	10 HOMEMADE MEATLOAF MASHED POTATOES & GRAVY HOT ROLL OR CHEESE RIPPER DIPPING SAUCE	11 CHILI, CRACKERS CINNAMON ROLL OR FIESTADA PIZZA
14 CHICKEN TERIYAKI LOMEIN NOODLES FORTUNE COOKIE OR CHEESE PIZZA	15 HARD SHELL TACOS, SALSA MEXICAN RICE OR CHICKEN DRUMSTICK BISCUIT	16 LASAGNA ROLLUP BREADSTICK OR HOT HAM & CHEESE ON GOLDFISH BREAD SWEET POTATO TRAX	17 CHICKEN NUGGETS MASHED POTATOES & GRAVY DINNER ROLL OR RIB-Q ON BUN CHEETO PUFFS	18 <b>OPEN SITE MENU</b> CHEESEBURGER BAKED FRIES STEAMED BROCCOLI STRAWBERRY CUP MILK CHOICE
21 	22 CHICKEN QUESADILLAS, SALSA BIRTHDAY TREAT OR FIESTA NACHOS BIRTHDAY TREAT	23 CHICKEN & NOODLES MINI BISCUIT OR FIESTADA PIZZA	24 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY HOT ROLL OR MOZZ FILLED BREADSTICK DIPPING SAUCE	25 CHEESEBURGER OR BREAKFAST MEAL
28 CHICKEN & WAFFLES, SYRUP OR RIB-Q ON BUN, CHEETO PUFFS	29 CHEESE PIZZA OR QUESO CHICKEN NACHOS, SALSA	30 ORANGE CHICKEN STIR-FRY STEAMED RICE FORTUNE COOKIE OR MINI CORN DOGS	31 CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO, SALSA	



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