


# JANUARY 2019 BREAKFAST



Sun	Mon	Tue	Wed	Thu	Fri
<b>Breakfast: 1.25</b> <b>Reduced Breakfast: .30</b> <b>Milk: .50</b>  <u>AVAILABLE 7:15 a.m.</u>		1 Assorted Muffins Milk ,Juice & Fruit	2 French Toasts Sticks Milk ,Juice & Fruit	3 Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	4 Breakfast Pizza Milk, Juice & Fruit
<u>Included with All Meals</u> Assorted Fresh Fruit Canned Fruit Snack Pk Raisins & Carrots Assorted FF Milk & Juice	7 Assorted Muffins Milk ,Juice & Fruit	8 Mini Pancakes W/Maple Syrup Milk ,Juice & Fruit	9 French Toasts Sticks Milk ,Juice & Fruit	10 Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	11 Breakfast Pizza Milk, Juice & Fruit
<u>FOR BREAKFAST TAKE</u>  1-ENTRÉE 1-MILK/1-JUICE 1-FRUIT/1-VEGETABLE	14 Assorted Muffins Milk ,Juice & Fruit	15 Mini Pancakes W/Maple Syrup Milk ,Juice & Fruit	16 Mini Cinn's Milk ,Juice & Fruit	17 Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	18 Breakfast Pizza Milk, Juice & Fruit
<b>FOR A COMPLETE MEAL TAKE A FRUIT OR VEGETABLE</b>	21 <b>MARTIN LUTHER KING DAY NO SCHOOL</b>	22 Assorted Muffins Milk ,Juice & Fruit	23 Mini Cinn's Milk ,Juice & Fruit	24 Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	25 Breakfast Pizza Milk, Juice & Fruit
<b>ALL STUDENTS ON NATIONAL SCHOOL LUNCH PROGRAM ALSO ELIGIBLE FOR BREAKFAST</b>	28 Assorted Muffins Milk ,Juice & Fruit	29 Mini Pancakes W/Maple Syrup Milk ,Juice & Fruit	30 French Toasts Sticks Milk ,Juice & Fruit	31 Egg, Ham, Cheese On WW English Muffin Milk, Juice & Fruit	<b>ALL MEALS SUBJECT TO CHANGE</b>



## JANUARY 2019 LUNCH

Sun	Mon	Tue	Wed	Thu	Fri
<b>Lunch: 3.00</b> <b>Reduced Lunch: .40</b> <b>Breakfast: 1.25</b> <b>Reduced Breakfast: .30</b> <b>Milk: .50</b>	<p style="text-align: center; color: green;">MAKE ONLINE PAYMENTS TO YOUR CHILD'S LUNCH ACCOUNT WITH MY SCHOOL BUCKS FOUND ON TRI-COUNTY WEB SITE</p>	<p style="text-align: center; color: red;">1 NEW YEAR'S DAY  NO SCHOOL</p>	<p style="text-align: center;">2 Chicken Patty on WW Roll Honey BBQ Rib/ WW Roll Baked Beans Broccoli Florets</p>	<p style="text-align: center;">3 Chicken Nuggets Mac &amp; Cheese WW Dinner Roll/Carrots Hot Dog on WW Roll</p>	<p style="text-align: center;">4 Nacho's W/Meat &amp; Cheese Fish Bites W/Oven Baked Fries &amp; OnionRings WW/Dinner Roll Corn</p>
<p><b><u>Included with All Meals</u></b>            Vegetable &amp; Salad            Assorted Fresh Fruit            Canned Fruit            Snack Pk Carrots            Assorted Low Fat Milk &amp;            Juice</p>	<p style="text-align: center;">7 Chicken Patty on WW Roll Honey BBQ Rib/ WW Roll Baked Beans Broccoli Florets</p>	<p style="text-align: center;">8 Pasta W/Meatballs Texas Garlic Bread Green Beans Cheeseburger on WW Roll</p>	<p style="text-align: center;">9 Turkey Dinner Mashed Potato/Peas Butternut Squash/Stuffing Cranberry Sauce/WW Dinner Roll Meatball Sub on WW Roll</p>	<p style="text-align: center;">10 Chicken Nuggets Mac &amp; Cheese Corn Chicken Parm Sub On WW Roll</p>	<p style="text-align: center;">11 Buffalo Chicken Pizza Sweet Potato Fries Steak &amp; Cheese Sub on WW Roll</p>
<p style="text-align: center;"><b><u>Daily</u></b>            Pizza, Chicken Patty            Smuckers PB&amp;J            Assorted Deli Sandwiches  <b>All Served on WW Bread</b></p> 	<p style="text-align: center;">14 Chicken Patty or Honey BBQ Rib on WW Roll Baked Beans Broccoli Florets</p>	<p style="text-align: center;">15 Taco Bar Two WW Soft Shells W/All The Fixings Chili &amp; Corn Cheeseburger on WW Roll</p>	<p style="text-align: center;">16 Stuffed Shells &amp; Meatballs Texas Garlic Toast Meatball Sub on WW Roll Green Beans</p>	<p style="text-align: center;">17 Chicken Nuggets Mashed Potato/Green Peas WW Dinner Roll Chicken Parm Sub On WW Roll</p>	<p style="text-align: center;">18 Bosco Sticks W/Marinara Sauce Sweet Potato Fries Fish Bites W/Oven Baked Fries/Onion Rings WW Dinner Roll</p>
<p style="text-align: center;"><b><u>Salad Bar</u></b>            Romaine &amp; Iceberg Lettuce            Spinach, Pickles, Olives, Onions            Three Bean Salad/Beets/Peppers            Tomato, Cheese, Garbanzo Beans            Cucumbers /Craisins            Banana Peppers, Hard Boiled Eggs            Sun Flower seeds Tortilla Strips            Tuna, Grilled Chicken/Chicken Patty</p>	<p style="text-align: center; color: red;">21 MARTIN LUTHER KING DAY  NO SCHOOL</p>	<p style="text-align: center;">22 Chicken Patty or Pulled Pork on WW Roll Baked Beans Broccoli Florets</p>	<p style="text-align: center;">23 Teriyaki Dippers Alfredo Pasta/Carrots WW Dinner Roll Spicy Chicken Patty On WW Roll</p>	<p style="text-align: center;">24 Popcorn Chicken Mashed Potato/Green Peas Gravy/WW Dinner Roll Hot Dog on WW Roll</p>	<p style="text-align: center;">25 Nacho's W/Meat &amp; Cheese Fish Bites W/Oven Baked Fries &amp; OnionRings WW/Dinner Roll Corn</p>
<p style="text-align: center;">FOR A COMPLETE MEAL TAKE AT LEAST ONE FRUIT OR VEGETABLE</p>	<p style="text-align: center;">28 Chicken Patty or Honey BBQ Rib on WW Roll Baked Beans Broccoli Florets</p>	<p style="text-align: center;">29 Taco Bar Two WW Soft Shells W/All The Fixings Chili &amp; Corn Cheeseburger on WW Roll</p>	<p style="text-align: center;">30 Cheese Lasagna Roll Up w/ Meatballs Texas Garlic Bread Meatball Sub on WW Roll Green Beans</p>	<p style="text-align: center;">31 Popcorn Chicken Mashed Potato/Green Peas Gravy/WW Dinner Roll Chicken Parm Sub on WW Roll</p>	<p style="text-align: center; color: red;">ALL MEALS SUBJECT TO CHANGE</p>