



Breakfast & Lunch Menus for January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> 	<p>3</p> <p>BCIG B: cereal bar, yogurt BCIG L: chicken patty/WG bun, green beans, smiley fries, pineapple, apple OA B: muffin or cereal, pear cup, toast OA L: corn dog, cooked carrots, veggie sticks, pineapple cup, bread/jelly</p>	<p>4</p> <p>BCIG B: breakfast wrap, salsa BCIG L: BBQ pork rib/WG bun, carrots, tossed salad w/ranch, applesauce, orange OA B: pancake on a stick or cereal/ peach cup & toast OA L: meatball sub/WG bun, steamed broccoli, veggie sticks, apple</p>	<p>5</p> <p>BCIG B: glazed donut, *assorted cereal BCIG L: sausage pizza, corn, broccoli salad, jello, mandarin oranges, banana OA B: cheese omelet or cereal, orange half and toast OA L: beef taco soft shell, refried beans, veggie sticks, mixed fruit cup</p>	<p>6</p> <p>BCIG B: egg patty, bacon round, WG toast BCIG L: taco-in-a-bag, lettuce, tomato, cheese, salsa, black bean salad, *PB sandwich, mixed fruit, apple OA B: donut or cereal banana half and toast OA L: chicken drummies, tri- tater, veggie sticks, applesauce cup, bread/jelly</p>	
<p>9</p> <p>BCIG B: breakfast pizza BCIG L: mandarin orange chicken, carrots, broc-caulif salad, rice, PB sandwich, pears, orange OA B: egg & sausage patty or cereal, applesauce & toast OA L: hamburger patty/WG bun, baked beans, veggie sticks, peach cup</p>	<p>10</p> <p>BCIG B: assorted cereal, WG toast BCIG L: hamburger/WG bun, baked beans, potato salad, sidekicks, apple OA B: breakfast pizza or cereal, pear cup and toast OA L: cheese stick w/marinara, cooked carrots, veggie sticks, pineapple cup</p>	<p>11</p> <p>BCIG B: cheese omelet, WG toast BCIG L: chicken nuggets, corn, tossed salad w/ranch, rice krispy bar, peaches, orange OA B: cinnamon roll or cereal, peach cup & toast OA L: chicken patty/WG bun, steamed broccoli, veggie sticks, apple</p>	<p>12</p> <p>BCIG B: mini strawberry bagels, *yogurt BCIG L: ham & cheese sandwich, peas, cherry tomatoes, cucumber slices, apricots, apple OA B: French toast or cereal, orange half & toast OA L: beef nachos, corn, veggie sticks, mixed fruit cup, bread/jelly</p>	<p>13</p> <p>NO SCHOOL: End of 1st Semester</p>	
<p>16</p> <p>BCIG B: pancakes w/syrup BCIG L: pork patty/WG bun, green beans, sweet potato tots, mandarin oranges, apple OA B: waffles or cereal, applesauce & toast OA L: popcorn chicken, cooked carrots, veggie sticks, peach cup, bread & jelly</p>	<p>17</p> <p>BCIG B: pop tart, *cereal BCIG L: chili, carrots, celery, cucs, cinnamon roll, saltines, applesauce, orange OA B: breakfast wrap or cereal, pear cup & toast OA L: Mr. Rib/WG bun, green beans, veggie sticks, pineapple cup</p>	<p>18</p> <p>BCIG B: breakfast burrito, salsa BCIG L: hot dog/WG bun, Elem-mixed green salad, carrots, *salad bar, pineapple, apple OA B: breakfast pizza or cereal, peach cup & toast OA L: beef hot dog/WG bun, baked beans, veggie sticks, apple</p>	<p>19</p> <p>BCIG B: ultimate breakfast round, *cereal BCIG L: cheesesticks w/marinara, Caesar salad, 3 bean salsa, mixed fruit, banana OA B: egg & hash brown patty or cereal, orange half & toast OA L: beef taco-in-a-bag, corn, veggie sticks, mixed fruit cup</p>	<p>20</p> <p>BCIG B: egg patty, bacon round, WG toast BCIG L: teriyaki chicken/WG bun, corn, marinated fresh veggie salad, pears, orange OA B: muffin or cereal, banana half & toast OA L: rotini/meat sauce, spinach salad, veggie sticks, applesauce cup, bread stick</p>	
<p>23</p> <p>BCIG B: breakfast pizza BCIG L: French toast sticks, sausage, cottage cheese, hash brown, carrots, celery, peaches, apple OA B: pancakes or cereal, applesauce and toast OA L: sweet-n-sour chicken, steamed broccoli, veggie sticks, peach cup, WG rice</p>	<p>24</p> <p>BCIG B: assorted cereal, WG toast BCIG L: spaghetti, carrots, spinach salad, garlic toast, strawberry applesauce cup, orange OA B: French toast sticks or cereal, pineapple cup and toast OA L: pork patty/WG bun, cooked carrots, veggie sticks, pear cup</p>	<p>25</p> <p>BCIG B: cheese omelet, WG toast BCIG L: popcorn chicken, Elem-fruitables, green beans, *salad bar, mandarin oranges, apple OA B: muffin or cereal, peach cup and toast OA L: sloppy joe/WG bun, corn, veggie sticks, apple</p>	<p>26</p> <p>BCIG B: blueberry muffin, yogurt BCIG L: crispito, lettuce, tomato, cheese, salsa, taco fiesta beans, Spanish rice, apricots, banana OA B: hash brown and sausage patty or cereal, orange half & toast OA L: chicken fajitas, refried beans, veggie sticks, mixed fruit cup</p>	<p>27</p> <p>BCIG B: breakfast wrap, salsa BCIG L: tavern/WG bun, peas, broc-caulif salad, pineapple, orange OA B: biscuit & gravy or cereal, banana half and toast OA L: cheese pizza, green beans, veggie sticks, applesauce cups</p>	
<p>30</p> <p>BCIG B: sausage pancake wrap BCIG L: BBQ chicken breast/WG bun, baked beans, carrots, mixed fruit, apple OA B: breakfast bar or cereal, applesauce and toast OA L: lasagna/meat sauce, green beans, veggie sticks, peach cup, bread stick</p>	<p>31</p> <p>BCIG B: assorted cereal, WG toast BCIG L: scalloped potatoes/ham, corn, cucumbers, *tossed salad, dinner roll, pears, orange OA B: breakfast bites or cereal, pear cup and toast OA L: chicken strips, corn, veggie sticks, pineapple cup, bread & jelly</p>				<p><i>In accordance with Federal Law and USDA policy, this institution is an equal opportunity provider and employer.</i></p> <p><i>Milk choice, fruit and juice served daily. All breads are whole grain.</i></p> <p><i>*Available only at the high school.</i></p>