

# Breakfast & Lunch Menus for January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 <b>BCIG B:</b> cereal bar, yogurt <b>BCIG L:</b> chicken patty/WG bun, green beans, smiley fries, pineapple, apple <b>OA B:</b> muffin or cereal, pear cup, toast <b>OA L:</b> corn dog, cooked carrots, veggie sticks, pineapple cup, bread/jelly	4 <b>BCIG B:</b> breakfast wrap, salsa <b>BCIG L:</b> BBQ pork rib/WG bun, carrots, tossed salad w/ranch, applesauce, orange <b>OA B:</b> pancake on a stick or cereal/ peach cup & toast <b>OA L:</b> meatball sub/WG bun, steamed broccoli, veggie sticks, apple	5 <b>BCIG B:</b> glazed donut, *assorted cereal <b>BCIG L:</b> sausage pizza, corn, broccoli salad, jello, mandarin oranges, banana <b>OA B:</b> cheese omelet or cereal, orange half and toast <b>OA L:</b> beef taco soft shell, refried beans, veggie sticks, mixed fruit cup	6 <b>BCIG B:</b> egg patty, bacon round, WG toast <b>BCIG L:</b> taco-in-a-bag, lettuce, tomato, cheese, salsa, black bean salad, *PB sandwich, mixed fruit, apple <b>OA B:</b> donut or cereal banana half and toast <b>OA L:</b> chicken drummies, tri-tater, veggie sticks, applesauce cup, bread/jelly
9 <b>BCIG B:</b> breakfast pizza <b>BCIG L:</b> mandarin orange chicken, carrots, broc-caulif salad, rice, PB sandwich, pears, orange <b>OA B:</b> egg & sausage patty or cereal, applesauce & toast <b>OA L:</b> hamburger patty/WG bun, baked beans, veggie sticks, peach cup	10 <b>BCIG B:</b> assorted cereal, WG toast <b>BCIG L:</b> hamburger/WG bun, baked beans, potato salad, sidekicks, apple <b>OA B:</b> breakfast pizza or cereal, pear cup and toast <b>OA L:</b> cheese stick w/marinara, cooked carrots, veggie sticks, pineapple cup	11 <b>BCIG B:</b> cheese omelet, WG toast <b>BCIG L:</b> chicken nuggets, corn, tossed salad w/ranch, rice krispy bar, peaches, orange <b>OA B:</b> cinnamon roll or cereal, peach cup & toast <b>OA L:</b> chicken patty/WG bun, steamed broccoli, veggie sticks, apple	12 <b>BCIG B:</b> mini strawberry bagels, *yogurt <b>BCIG L:</b> ham & cheese sandwich, peas, cherry tomatoes, cucumber slices, apricots, apple <b>OA B:</b> French toast or cereal, orange half & toast <b>OA L:</b> beef nachos, corn, veggie sticks, mixed fruit cup, bread/jelly	13 <b>NO SCHOOL: End of 1st Semester</b>
16 <b>BCIG B:</b> pancakes w/syrup <b>BCIG L:</b> pork patty/WG bun, green beans, sweet potato tots, mandarin oranges, apple <b>OA B:</b> waffles or cereal, applesauce & toast <b>OA L:</b> popcorn chicken, cooked carrots, veggie sticks, peach cup, bread & jelly	17 <b>BCIG B:</b> pop tart, *cereal <b>BCIG L:</b> chili, carrots, celery, cucs, cinnamon roll, saltines, applesauce, orange <b>OA B:</b> breakfast wrap or cereal, pear cup & toast <b>OA L:</b> Mr. Rib/WG bun, green beans, veggie sticks, pineapple cup	18 <b>BCIG B:</b> breakfast burrito, salsa <b>BCIG L:</b> hot dog/WG bun, Elem-mixed green salad, carrots, *salad bar, pineapple, apple <b>OA B:</b> breakfast pizza or cereal, peach cup & toast <b>OA L:</b> beef hot dog/WG bun, baked beans, veggie sticks, apple	19 <b>BCIG B:</b> ultimate breakfast round, *cereal <b>BCIG L:</b> cheesesticks w/marinara, Caesar salad, 3 bean salsa, mixed fruit, banana <b>OA B:</b> egg & hash brown patty or cereal, orange half & toast <b>OA L:</b> beef taco-in-a-bag, corn, veggie sticks, mixed fruit cup	20 <b>BCIG B:</b> egg patty, bacon round, WG toast <b>BCIG L:</b> teriyaki chicken/WG bun, corn, marinated fresh veggie salad, pears, orange <b>OA B:</b> muffin or cereal, banana half & toast <b>OA L:</b> rotini/meat sauce, spinach salad, veggie sticks, applesauce cup, bread stick
23 <b>BCIG B:</b> breakfast pizza <b>BCIG L:</b> French toast sticks, sausage, cottage cheese, hash brown, carrots, celery, peaches, apple <b>OA B:</b> pancakes or cereal, applesauce and toast <b>OA L:</b> sweet-n-sour chicken, steamed broccoli, veggie sticks, peach cup, WG rice	24 <b>BCIG B:</b> assorted cereal, WG toast <b>BCIG L:</b> spaghetti, carrots, spinach salad, garlic toast, strawberry applesauce cup, orange <b>OA B:</b> French toast sticks or cereal, pineapple cup and toast <b>OA L:</b> pork patty/WG bun, cooked carrots, veggie sticks, pear cup	25 <b>BCIG B:</b> cheese omelet, WG toast <b>BCIG L:</b> popcorn chicken, Elem-fruitables, green beans, *salad bar, mandarin oranges, apple <b>OA B:</b> muffin or cereal, peach cup and toast <b>OA L:</b> sloppy joe/WG bun, corn, veggie sticks, apple	26 <b>BCIG B:</b> blueberry muffin, yogurt <b>BCIG L:</b> crispito, lettuce, tomato, cheese, salsa, taco fiesta beans, Spanish rice, apricots, banana <b>OA B:</b> hash brown and sausage patty or cereal, orange half & toast <b>OA L:</b> chicken fajitas, refried beans, veggie sticks, mixed fruit cup	27 <b>BCIG B:</b> breakfast wrap, salsa <b>BCIG L:</b> tavern/WG bun, peas, broc-caulif salad, pineapple, orange <b>OA B:</b> biscuit & gravy or cereal, banana half and toast <b>OA L:</b> cheese pizza, green beans, veggie sticks, applesauce cups
30 <b>BCIG B:</b> sausage pancake wrap <b>BCIG L:</b> BBQ chicken breast/WG bun, baked beans, carrots, mixed fruit, apple <b>OA B:</b> breakfast bar or cereal, applesauce and toast <b>OA L:</b> lasagna/meat sauce, green beans, veggie sticks, peach cup, bread stick	31 <b>BCIG B:</b> assorted cereal, WG toast <b>BCIG L:</b> scalloped potatoes/ham, corn, cucumbers, *tossed salad, dinner roll, pears, orange <b>OA B:</b> breakfast bites or cereal, pear cup and toast <b>OA L:</b> chicken strips, corn, veggie sticks, pineapple cup, bread & jelly		<p style="background-color: #e0e0ff; padding: 10px;"><i>In accordance with Federal Law and USDA policy, this institution is an equal opportunity provider and employer.</i></p> <p style="background-color: #e0e0ff; padding: 10px;"><i>Milk choice, fruit and juice served daily. All breads are whole grain.</i></p> <p style="background-color: #e0e0ff; padding: 10px;"><b>*Available only at the high school.</b></p>	