



# January 2018



HS GRAB & GO CHOICES

Cereal/  
Cereal Bar  
Toast/Biscuit  
Yogurt  
Milk  
Fruit

Choice of Salad Bar - 4th thru 12 grade

MILK SERVED DAILY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 (snow day #1)	3 Breakfast burrito w/ salsa & toast or Cereal & toast, fruit  Grilled Cheese Tomato Soup Broccoli w/dip Pears	4 Sausage biscuit or Cereal & biscuit, fruit  Beef & Noodles Mashed potatoes Green beans Roll Cinnamon Apples	5 Biscuit & gravy or Cereal & biscuit, fruit  Chicken nuggets Bread Macaroni & cheese Cooked carrots Mandarin oranges	6
7	8 Scrambled eggs or Cereal, Toast, Fruit  Cheeseburger Potato wedges Dill pickle slice Carrots w/dip Peaches	9 Ham & Cheese biscuit or Cereal & biscuit, fruit  Softshell taco Lettuce/cheese/salsa Refried beans Pineapple	10 Breakfast burrito w/ salsa & toast or Cereal & toast, fruit  Chili, crackers, cheese, dill pickle Broccoli w/dip Cinnamon roll Pears	11 Sausage biscuit or Cereal & biscuit, fruit  Chicken & Noodles Mashed potatoes Green beans Roll Applesauce	12 Biscuit & gravy or Cereal & biscuit, fruit  Chicken patty on bun Pasta salad Cooked carrots Mandarin oranges	13
14	15 Oatmeal or Cereal, Muffin, Fruit  Pizza Breadstick Corn Peaches SCHOOL IN SESSION	16 Ham & Cheese biscuit or Cereal & biscuit, fruit  Burrito Lettuce/cheese/salsa Refried beans Pineapple	17 Breakfast burrito w/ salsa & toast or Cereal & toast, fruit  Spaghetti, breadstick Broccoli w/dip Corn Pears	18 Sausage biscuit or Cereal & biscuit, fruit  Turkey & Noodles Mashed potatoes Green beans Roll Cinnamon Apples	19 Biscuit & gravy or Cereal & biscuit, fruit  Chicken nuggets Bread Macaroni & cheese Cooked carrots Mandarin oranges	20
21	22 Scrambled eggs or Cereal, Toast, Fruit  Pork Riblet on bun Potato smiles Carrots w/dip Peaches	23 Ham & Cheese biscuit or Cereal & biscuit, fruit  Enchilada Lettuce/cheese/salsa Refried beans Pineapple	24 Breakfast burrito w/ salsa & toast or Cereal & toast, fruit  Pizza, breadstick Broccoli w/dip Corn Pears	25 Sausage biscuit or Cereal & biscuit, fruit  Beef & Noodles Mashed potatoes Green beans Roll Applesauce	26 Biscuit & gravy or Cereal & biscuit, fruit  Chicken patty on bun Potato Wedges Cooked carrots Mandarin oranges	27
28	29 Oatmeal or Cereal, Muffin, Fruit  Cheeseburger Potato wedges Dill pickle slice Carrots w/dip Peaches	30 Ham & Cheese biscuit or Cereal & biscuit, fruit  Chicken Wrap Lettuce/cheese/salsa Refried beans Pineapple	31 Breakfast burrito w/ salsa & toast or Cereal & toast, fruit  Pizza, breadstick Broccoli w/dip Corn Pears			

This institution is an equal opportunity provider.\* On June 2, 2015 the Office of the Assistant Secretary for Civil Rights' Policy staff, released Departmental Regulation (DR) 4300-003, Equal Opportunity Public Notification Policy. The DR updates the nondiscrimination Statement and the "And Justice for All" poster. Provided is a link to the DR - <http://dese.mo.gov/sites/default/files/DR-EqualOpportunity.pdf>. Please note, the USDA Nondiscrimination Statement provided above is appropriate for all Child Nutrition Programs