




January 2019

Choice of Salad Bar -- 4th thru 12th grade MILK SERVED DAILY

HS GRAB & GO CHOICES
 Cereal
 Cereal Bar
 Fruit
 Yogurt
 Milk
 Juice

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NO SCHOOL 	2 Breakfast Burrito Pizza Breadstick Broccoli & Dip Corn Pears NO SALAD BAR	3 Pancakes Chicken Patty Mashed Potatoes & Gravy Green Beans Roll Cinnamon Apples	4 Biscuit & Gravy Chicken Nuggets Macaroni & Cheese Broccoli Mandarin Oranges	5
6	7 Scrambled Eggs Cheeseburger on Bun Potato Wedges Dill Pickle Slices Carrots & Dip Peaches	8 Sausage Biscuit Burrito Lettuce, Cheese, Salsa Refried Beans Pineapple	9 Breakfast Burrito Chili Crackers, Cheese, Pickles Broccoli & Dip Pears Cinnamon Roll	10 Pancakes Chicken & Noodles Mashed Potatoes Green Beans Roll Applesauce	11 Biscuit & Gravy Chicken Patty on Bun Pasta Salad Cooked Carrots Mixed Fruit	12
13	14 Oatmeal Grilled Ham & Cheese Tomato Soup Carrots & Dip Peaches	15 Ham & Cheese Biscuit Soft Shell Taco Lettuce, Cheese, Salsa Refried Beans Pineapple	16 Breakfast Burrito Spaghetti & Meat Sauce Breadstick Spinach Pears	17 Pancakes Meatloaf Mashed Potatoes & Gravy Green Beans Roll Cinnamon Apples	18 Biscuit & Gravy Chicken Nuggets, Macaroni & Cheese Broccoli Mandarin Oranges	19
20	21 Scrambled Eggs Grilled cheese Vegetable Soup Carrots & Dip Peaches	22 Sausage Biscuit Chicken & Cheese Enchilada Lettuce, Salsa Refried Beans Pineapple	23 Breakfast Burrito Pizza Breadstick Broccoli & Dip Corn Pears	24 Pancakes Beef & Noodles Mashed Potatoes Green Beans Roll Applesauce	25 Biscuit & Gravy Chicken Patty or Fish on Bun Macaroni & Cheese Broccoli Mandarin Oranges	26
27	28 Oatmeal Sloppy Joe on Bun Potato Smiles Carrots & Dip Peaches	29 Ham & Cheese Biscuit Chicken Wrap Lettuce, Cheese, Salsa Refried Beans Pineapple	30 Breakfast Burrito Chili Crackers, Cheese, Pickles Broccoli & Dip Corn Pears	31 Pancakes Turkey & Noodles Mashed Potatoes Green Beans Roll Cinnamon Apples	1 Biscuit & Gravy BBQ Chicken on Bun Baked Beans Cole Slaw Mixed Fruit	

"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