



January 2017 Menus

Chef Manager – Tristan Hall
(Please note – menus are subject to change)



— Breakfast —

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Sausage & Egg Biscuit <i>Fruit Yogurt (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	4 Breakfast Pizza <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	5 Breakfast Flatbread <i>Tater Tots (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	6 French Toast Sticks <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>
9 Sausage & Egg Biscuit <i>Fruit Cup (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	10 Buttermilk Pancakes <i>(v)</i> <i>Bacon Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	11 Breakfast Flatbread <i>Fruit Yogurt (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	12 French Toast Sticks <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	13 Ham & Egg on Brioche <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>
16 No School	17 Belgian Waffles <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	18 Breakfast Pizza <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	19 Buttermilk Pancakes <i>(v)</i> <i>Turkey Sausage Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	20 Bacon, Egg & Cheese on Bagel <i>Hash Brown Patty (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>
23 Buttermilk Biscuits with Sausage Gravy <i>Fresh Fruit (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	24 Ham, Egg & Cheese Sandwich <i>Hash Brown Patty (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	25 French Toast Sticks <i>(v)</i> <i>Sausage Links Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	26 Sausage & Egg on English Muffin <i>Tater Tots (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	27 No Exams
30 Breakfast Burrito with Salsa <i>Tater Tots (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>	31 Bacon, Egg & Cheese on Bagel <i>Hash Brown Patty (v)</i> <i>Assorted Muffins, Pastry, Cereal, Bagels, Fruit (v)</i>			

Complete Meal Includes:

1 Entree,
Choice of Side (*blue italic*),
milk or bottled water ...\$4.00
1 Entree,
Choice of Side (*blue italic*),
Intense Milk\$5.00

Served Daily:

Entrees\$3.25
Salad – Large (v)\$3.00
Salad – Small (v)\$2.00
Fresh Made Soup\$1.25
Cold Sub, Wrap\$3.25
Intense Milk\$1.50
Milk 1/2 pint\$0.75
Juice Cup\$0.50
Bottled Water\$1.00
Pizza, all varieties\$2.50

Breakfast a la Carte:

Breakfast Sandwich\$3.25
Bagel; 4 oz. with Butter ...\$1.20
Cream Cheese\$0.60
Hash Brown Patty\$0.50
French Toast Sticks (5) ...\$1.85
Greek Yogurt\$1.60
Fresh Fruit Cup\$1.75

Lunch a la Carte:

Fresh Baked Cookie\$0.55
2 for \$1.00
Nachos\$1.75
Bag of Chips\$1.25

Symbols:

(v) = vegetarian

(wg) = whole grain

* = Better Choice Healthy
Entrees (choosemyplate.gov)

Prepayment:

Go to
myschoolbucks.com, create an account, and make payment.
Students can also prepay in the lunch line with cash or check (made payable to **Personal Touch Food Service**, with the student ID number on it).

**Many
Al a Carte
Items also
available after
school!**

— Lunch —

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Taco in a Bag (Beef or Chicken) <i>Cilantro Lime Rice Refried Beans</i>	4 Chicken Parmesan <i>Egg Noodles Garlic Breadstick</i>	5 Tater Tot Buffet <i>Chili & Cheese Sauce Broccoli</i>	6 Chicken Finger Sub <i>Potato Chips Mixed Vegetables</i>
9 Chicken or Vegetable Flatbread <i>Steak Fries Roasted Italian Vegetables</i>	10 Beef Enchilada <i>Spanish Rice Fiesta Corn</i>	11 Fried Chicken <i>Cornbread Fresh Fruit Cup</i>	12 Cajun Chicken Mac & Cheese <i>Three Cheese Mac & Cheese Side Salad</i>	13 Cheese Burger <i>Tater Tots Peas</i>
16 No School	17 Beef Fajita <i>Brown Rice Spicy Vegetables</i>	18 BBQ Chicken Sandwich <i>Potato Chips Yogurt Cup</i>	19 Swedish Meatballs <i>Buttered Egg Noodles Biscuit</i>	20 Hot Dogs <i>Tater Tots Roasted Vegetables</i>
23 Baked Potato Bar <i>Chili, Cheese Sauce, Assorted Toppings Broccoli</i>	24 January Exams – Al a carte items	25 January Exams – Al a carte items	26 January Exams – Al a carte items	27 No Exams
30 Chicken Souvlaki Salad <i>Pita Bread Roasted Vegetables</i>	31 Twin Tacos (Beef or Chicken) <i>Sweet Rice</i>			