

# BREAKFAST & LUNCH MENU for January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p><b>2</b></p> <p><b>NO SCHOOL</b></p>	<p><b>3</b></p> <p><b>BCIG B:</b> Breakfast Wrap, Salsa  <b>BCIG L:</b> BBQ Chicken Breast/ WG Bun, Smiley Fries, Green Beans, Mandarin, Oranges, Apple  <b>OA B:</b> Muffin or Cereal Applesauce cup &amp; Toast  <b>OA L:</b> Hot Dog / WG Bun Carrots, Veggie Sticks, Peaches</p>	<p><b>4</b></p> <p><b>BCIG B:</b> Glaze Donut  *Assorted Cereal  <b>BCIG L:</b> Cheese Pizza, Caesar Salad, Baby Carrots, *Peas Applesauce, Fresh Banana  <b>OA B:</b> Pancakes or Cereal Orange Half &amp; Toast  <b>OA L:</b> Beef Taco / WG Soft Shell Refried Beans, Veggie Sticks Banana Half</p>	<p><b>5</b></p> <p><b>BCIG B:</b> Egg Patty, Bacon WG Toast  <b>BCIG L:</b> Meatball Sub, Sweet Potato Tots, Baked Beans, Sidekicks Fresh Apple  <b>OA B:</b> Breakfast Pizza or Cereal Banana Half &amp; Toast  <b>OA L:</b> Scalloped Potatoes &amp; Ham Peas, Veggie Sticks, Orange Half Bread / Jelly</p>
<p><b>8</b></p> <p><b>BCIG B:</b> Breakfast Pizza  <b>BCIG L:</b> Pork Patty/WG Bun Marinated Fresh Veggie Salad Corn, Pineapple, Fresh Orange  <b>OA B:</b> Apple Pocket or Cereal Peaches &amp; Toast  <b>OA L:</b> Mr Rib/ WG Bun Carrots, Veggie Sticks Applesauce Cup</p>	<p><b>9</b></p> <p><b>BCIG B:</b> Assorted Cereal WG Toast  <b>BCIG L:</b> Crispito, Lettuce, Tomato Cheese, Salsa, Taco Fiesta Beans *PB Sandwich, Mixed Fruit Fresh Apple  <b>OA B:</b> French Toast Sticks or Cereal/Applesauce &amp; Toast  <b>OA L:</b> Orange Chicken Steamed Broccoli, Veggie Sticks Pear Cup, WG Rice</p>	<p><b>10</b></p> <p><b>BCIG B:</b> Cheese Omelet WG Toast  <b>BCIG L:</b> Chicken Teders Ele-Mixed Green, Salad, Cooked Carrots, *Salad Bar, Rice Krispy Bar, Applesauce Cup, Orange  <b>OA B:</b> Chocolate Donut or Cereal / Pears &amp; Toast  <b>OA L:</b> Rotini / Meat Sauce, Corn Veggie Sticks, Peach Cup Bread Stick</p>	<p><b>11</b></p> <p><b>BCIG B:</b> Blueberry Muffin Yogurt  <b>BCIG L:</b> Corn Dog, Green Beans Baby Carrots, Celery-pb cup Peaches, Fresh Apple  <b>OA B:</b> Mini Cinnis or Cereal Orange Half &amp; Toast  <b>OA L:</b> Beef Nachos, Refried Beans Veggie Sticks, Banana Half</p>	<p><b>12</b></p> <p><b>NO SCHOOL</b></p>
<p><b>15</b></p> <p><b>BCIG B:</b> Pancakes w/ Cinnamon Glaze *Sausage  <b>BCIG L:</b> Hamburger/WG Bun Potato Salad, Baked Beans, Pears Fresh Orange  <b>OA B:</b> Dutch Waffle or Cereal Peaches &amp; Toast  <b>OA L:</b> Pizza, Green Beans Veggie Sticks, Applesauce Cup Bread / Jelly</p>	<p><b>16</b></p> <p><b>BCIG B:</b> Pop Tart, Yogurt  <b>BCIG L:</b> Mandarin Orange Chicken Cooked Carrots, Broc-Caulif Salad Brown Rice, Animal Crackers Pineapple, Fresh Apple  <b>OA B:</b> Egg Patty or Cereal Applesauce Cup &amp; Toast  <b>OA L:</b> Chicken Patty / WG Bun Carrots, Veggie Sticks, Pear Cup Jonny Pops</p>	<p><b>17</b></p> <p><b>BCIG B:</b> Egg &amp; Cheese Burrito Salsa  <b>BCIG L:</b> Turkey &amp; Cheese Sandwich, Ele-Cucumbers &amp; Cherry Tomatoes, Fruitables, *Salad Bar Strawberry Cup, Fresh Orange  <b>OA B:</b> Muffin or Cereal Pear Cup &amp; Toast  <b>OA L:</b> Chicken Fajita, Romaine Salad, Corn, Veggie Sticks Peach Cup</p>	<p><b>18</b></p> <p><b>BCIG B:</b> Mini Bagels *Assorted Cereal  <b>BCIG L:</b> Scalloped Potatoes &amp; Ham, Green Beans, *Cole Slaw Dinner Roll, Applesauce, Bananas  <b>OA B:</b> Mini Bagel or Cereal Orange Half &amp; Toast  <b>OA L:</b> Meatloaf, Mashed Potatoes / Gravy, Veggie Sticks, Banana Half, Bread / Butter</p>	<p><b>19</b></p> <p><b>BCIG B:</b> Sausage Pancake Wrap  <b>BCIG L:</b> Sausage Pizza, Spinach Salad, Corn, Mandarin, Oranges Fresh Apple  <b>OA B:</b> Breakfast Pizza or Cereal Banana Half &amp; Toast  <b>OA L:</b> Corn Dog, Baked Beans Veggie Sticks, Orange Half</p>
<p><b>22</b></p> <p><b>BCIG B:</b> Cereal Bar, Yogurt  <b>BCIG L:</b> BBQ Pork Rib/ WG Bun Steamed Broccoli, Cooked Carrots Mixed Fruit, Fresh Pear  <b>OA B:</b> Apple Frudel or Cereal Peaches &amp; Toast  <b>OA L:</b> French Bread Cheese Green Beans, Veggie Sticks Applesauce Cup</p>	<p><b>23</b></p> <p><b>BCIG B:</b> Assorted Cereal WG Toast  <b>BCIG L:</b> Taco-in- a-Bag, Lettuce, Tomato, Cheese, Salsa, Black Bean Salad, Rice Krispy Bar, Applesauce Cup, Fresh Orange  <b>OA B:</b> Pancake on a stick or Cereal/Pear Cup &amp; Toast  <b>OA L:</b> Chili, Corn, Veggie Sticks Mixed Fruit Cup, Cinnamon Roll</p>	<p><b>24</b></p> <p><b>BCIG B:</b> Cheese Omelet WG Toast  <b>BCIG L:</b> Chicken Nuggets Ele-Mixed Green, Salad, Peas *Salad Bar, PB Sandwich, Peaches Fresh Apple  <b>OA B:</b> Chocolate Donut or Cereal / Banana Half  <b>OA L:</b> Pork Patty/ WG Bun Carrots, Veggie Sticks, Peach Cup</p>	<p><b>25</b></p> <p><b>BCIG B:</b> Ultimate, Breakfast Round, *Assorted Cereal  <b>BCIG L:</b> French Toast, Sticks Sausage, Hash Brown, Baby Carrots, Celery, Apricots Fresh Banana  <b>OA B:</b> Cinnis Minis or Cereal Applesauce Cup &amp; Toast  <b>OA L:</b> Taco in a Bag, Refried Beans, Veggie Sticks, Banana Half</p>	<p><b>26</b></p> <p><b>BCIG B:</b> Egg Patty, Bacon WG Toast  <b>BCIG L:</b> Chicken Patty/WG Bun Corn, Cucumbers, Cherry Tomatoes, Pears, Fresh Orange  <b>OA B:</b> Breakfast Pizza or Cereal Orange Half &amp; Toast  <b>OA L:</b> Ham &amp; Turkey Sub Spinach Salad, Veggie Sticks Pear Cup</p>
<p><b>29</b></p> <p><b>BCIG B:</b> Breakfast Pizza  <b>BCIG L:</b> BBQ Shredded Beef/ WG Bun, Baked Beans, Potato Salad, Sidekicks, Fresh Apple  <b>OA B:</b> Yogurt Parfait or Cereal Peach Cup &amp; Toast  <b>OA L:</b> Cheese Sticks, Corn Veggie Sticks, Applesauce Cup Bread / Jelly</p>	<p><b>30</b></p> <p><b>BCIG B:</b> Assorted Cereal WG Toast  <b>BCIG L:</b> Spaghetti, Tossed Salad w/Ranch, Mixed Vegetables Breadstick, Applesauce, Orange  <b>OA B:</b> Egg Patty or Cereal Applesauce Cup &amp; Toast  <b>OA L:</b> Chicken Teriyaki Steamed Broccoli, Veggie Sticks Pear Cup, WG Rice</p>	<p><b>31</b></p> <p><b>BCIG B:</b> Breakfast Wrap, Salsa  <b>BCIG L:</b> Grilled Chicken/ WG Bun, Ele-Celery, Green Beans *Salad Bar, Goldfish, Pineapple Fresh Apple  <b>OA B:</b> Muffin or Cereal Pear Cup &amp; Toast  <b>OA L:</b> Pulled Pork / WG Bun Baked Beans, Veggie Sticks Peach Cup, Jonny Pops</p>	<p><i>In accordance with Federal Law and USDA policy, this institution is an equal opportunity provider and employer. Milk choice, fruit and juice served daily. All breads are whole grain.</i></p> <p><b>*Available only at the high school.</b></p>	