

# OABCIG Breakfast Menu

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk choice, fruit and juice served daily.					Tornados- (Egg, Sausage & cheese wrap)	
3	4	5	6	7	8	9
	Pancakes w/cinnamon glaze *Sausage	Apple Frudel *Assorted Cereal  IG Ele-Cereal/Toast	Breakfast Wrap	Muffin Choice  Yogurt	Egg Patty  Bacon  WG Toast	
10	11	12	13	14	15	16
	Breakfast Pizza	Nutrigrain Bar Yogurt  IG Ele-Cereal/Toast	Cheese Omelet  WG Toast	Glazed Donut  *Assorted Cereal	French Toast Sticks  Syrup	
17	18	19	20	21	22	23
	Sausage Pancake Wrap	Mini Bagel *Assorted Cereal  IG Ele-Cereal/Toast	Cheese Omelet  WG Toast	Cinnamon Pretzel Stick  Yogurt	Egg Patty  Bacon  WG Toast	
24	25	26	27	28		
	Breakfast Pizza	Cereal Bar  Yogurt	Cheese Omelet  WG Toast	Ultimate Breakfast Round  *Assorted Cereal		

**This institution is an equal opportunity provider and employer.**

Cereal & Toast option offered daily at Odebolt and the High School.

Menu is subject to change without notice.

OABCIG Lunch Menu

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Milk Choice: 1%, Skim, Skim Chocolate					Chicken Alfredo Ele-Salad  Peas  #Salad/Vegie Sticks  Dinner Roll  Mixed Fruit Fresh Apple	
3	4	5	6	7	8	9
	BBQ Pork Rib/ WG Bun Ele-Green Beans  Sweet Potato Tots  #Salad/Vegie Sticks  Pears Fresh Orange	Crispito Lettuce, Tomato Cheese, Salsa  Taco Fiesta Beans Spanish Rice #Vegie Sticks  Peach Cup Fresh Apple	Chicken Tenders  Ele-Salad  Corn  #Salad/Vegie Sticks  Pineapple Fresh Orange	Cheese Sticks W/Marinara Ele-Baby Carrots  Peas  #Salad/Vegie Sticks  Straw Applesauce Fresh Grapes	Meatball Sub  Ele-Salad & Fruitables Juice  #Salad/Vegie Sticks & Green Beans  Mandarin Oranges Fresh Apple	
10	11	12	13	14	15	16
	Hamburger/Bun Ele-Celery, Cherry Tomatoes  Baked Beans  #Salad/Vegie Sticks Jonny Pop Mixed Fruit Fresh Orange	Mandarin Chicken Ele/HS- Broc/Caulif Salad Carrots Brown Rice Goldfish MS-Vegie Sticks  Pears Fresh Apple	Pork Patty/WG Bun Ele-Salad  Mixed Vegetables  #Salad/Vegie Sticks  Applesauce Fresh Orange	Chicken Nuggets Ele-Salad HS-Caesar Salad  Corn Rice Krispy Bar MS-Salad/Vegie  Peaches Fresh Banana	Turkey in Gravy Ele/HS-Green Beans  Mashed Potatoes  MS-Salad/Vegie  Dinner Roll Pineapple Fresh Apple	
17	18	19	20	21	22	23
	Chicken Patty/ WG Bun Ele-Corn  Broccoli W/Cheese #Salad/Vegie Sticks  Pres Snack Cracker Mandarin Oranges Fresh Pear	French Toast Sticks Sausage Ele-Carrots, Celery  Hash Brown #Vegie Sticks  Mixed Fruit Fresh Apple	Hot Ham & Cheese Ele-Salad  Peas  #Salad/Vegie Sticks  Applesauce Cup Fresh Orange	Taco-in-a-Bag Lettuce, Tomato Cheese, Salsa  Black Bean Salad  *PB Sandwich  Pears Fresh Banana	French Bread Pizza Ele-Salad  Green Beans  #Salad/Vegie Sticks  Peaches Fresh Apple	
24	25	26	27	28		
	BBQ Shredded Beef/WG Bun  Baked Beans Potato Salad  #Salad/Vegie Sticks  Pineapple Fresh Apple	Spaghetti Ele-Salad  Corn  #Salad/Vegie Sticks  Breadstick Applesauce Fresh Orange	Popcorn Chicken Ele-Salad  Carrots  #Salad/Vegie Sticks *PB Sandwich  Mandarin Oranges Fresh Apple	Corn Dog Ele-Broc/Caulif Salad  Smiley Fries  #Salad/Vegie Sticks  Strawberries & Bananas Fresh Orange	HS- High School MS- Odebolt Ele- Ida Grove	

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\* Available at the high school only

#Odebolt and High School

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