

# OABCIG Breakfast Menu January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk choice, fruit and juice served daily.		1  No  School	2  Cheese Omelet  WG Toast	3  Apple Frudel  *Assorted Cereal	4  Egg Patty  Bacon  WG Toast	5
6	7  Breakfast Pizza	8  Mini Cinni  IG Ele-Cereal/Toast	9  Breakfast Wrap	10  Nutrigrain Bar  Yogurt	11  No  School	12
13	14  Pancakes w/cinnamon glaze	15  Pop Tart  WG Toast  IG Ele-Cereal/Toast	16  Cheese Omelet  WG Toast	17  Glazed Donut  *Assorted Cereal	18  Breakfast Wrap	19
20	21  Sausage Pancake Wrap	22  Mini Bagel  IG Ele-Cereal/Toast	23  Scrambled Eggs  WG Toast	24  Cinnamon Pretzel Stick  Yogurt	25  Egg Patty  Bacon  WG Toast	26
27	28  Breakfast Pizza	29  Cereal Bar Yogurt  IG Ele-Cereal/Toast	30  Cheese Omelet  WG Toast	31  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.

\*Available at the High School only.

Menu is subject to change without notice.

OABCIG Lunch Menu

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk Choice: 1%, Skim, Skim Chocolate		1 No School	2 Hamburger/ WG Bun Baked Beans Smiley Fries Baby Carrots Mixed Fruit Fresh Apple	3 Pepperoni Pizza Caesar Salad Peas #Vegie Sticks Peaches Fresh Banana	4 Scalloped Potatoes & Ham Ele-Baby Carrots & Celery Green Beans #Salad/Vegie Sticks Rice Krispy Bar Dinner Roll Pears Fresh Orange	5
6	7 Grilled Chicken/ WG Bun Ele-Baby Carrots & Cucumbers Broccoli w/Cheese #Salad/Vegie Sticks Mandarin Oranges Fresh Apple	8 Crispito Lettuce, Tomato Cheese, Salsa Taco Fiesta Beans Spanish Rice #Vegie Sticks Applesauce Cup Fresh Orange	9 Chicken Tenders Ele-Salad Carrots Animal Crackers #Salad/Vegie Sticks Apricots Fresh Apple	10 Turkey & Cheese Sandwich Ele-Celery & Cherry Tomatoes Corn #Salad/Vegie Sticks Pineapple Fresh Orange	11 No School	12
13	14 Corn Dog Ele-Baby Carrots & Cucumbers French Fries #Salad/Vegie Sticks Applesauce Fresh Orange	15 Spaghetti Ele-Salad Green Beans #Salad/Vegie Sticks Breadstick Mixed Fruit Fresh Apple	16 BBQ Pork Rib/ WG Bun Ele-Salad Baked Beans #Salad/Vegie Sticks Peaches Fresh Pear	17 Cheese Flatbread Pizza Ele-Fruitable Juice & Baby Carrots Peas #Salad/Vegie Sticks Strawberries & Bananas Fresh Orange	18 Chicken Patty/ WG Bun Spinach Salad Corn #Vegie Sticks Mandarin Oranges Fresh Apple	19
20	21 Tavern/WG Bun Ele-Cucumbers & Cherry Tomatoes Green Beans #Salad/Vegie Sticks Sidekicks Fresh Orange	22 Mandarin Chicken Ele/HS- Broc/Caulif Salad Carrots MS-Vegie Sticks PB Sandwich Brown Rice Pears Fresh Apple	23 Hot Ham & Cheese Ele-Salad Mixed Vegetables #Salad/Vegie Sticks Applesauce Cup Fresh Orange	24 Taco-in-a-Bag Lettuce, Tomato Cheese, Salsa Black Bean Salad #Vegie Sticks Cookie Pineapple Fresh Banana	25 Pork Patty/ WG Bun Ele-Celery & Baby Carrots Peas #Salad/Vegie Sticks Mixed Fruit Fresh Apple	26
27	28 Teriyaki Chicken/ WG Bun Ele-Corn Broccoli w/Cheese #Salad/Vegie Sticks Sports Bites Cookie Peaches Fresh Apple	29 Chili Ele-Baby Carrots & Celery #Vegie Sticks Saltines Cinnamon Roll Applesauce Fresh Orange	30 Popcorn Chicken Ele-Salad Green Beans #Salad/Vegie Sticks *PB Sandwich Mandarin Oranges Fresh Apple	31 Hot Dog/WG Bun Ele-Cucumbers & Cherry Tomatoes Baked Beans #Salad/Vegie Sticks Pineapple Fresh Banana	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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