

# Elementary/Middle Weekly Menu 2020

## JANUARY 06-10

	BREAKFAST	LUNCH	SNACK	
<b>M</b>	French toast Sticks (Syrup) Diced Peach Milk	Seasoned Red Beans, White Rice Chicken nuggets, Pineapple Tidbits Juice	Graham Crackers (individual) Orange Juice.	<b>W E E K  #  2</b>
<b>T</b>	Cheese Quesadilla Banana, Milk.	Macaroni with Meat (Cheese) Garlic Bread, Sliced Apples, Milk	Ritz Crackers, Fruit Sorbet	
<b>W</b>	Raising Mini Bagel (Cream Cheese) Pear Milk	Brown rice, Black Beans, Breaded Fish sticks, Diced Pears, Popsicles	Cheese crackers Milk	
<b>TH</b>	Corn Flakes Cereal, Orange Sections, Milk.	Rice with Baked Chicken, Potatoes chips Juice	Cheese Slices, Soft Tortilla	
<b>F</b>	Biscuit (butter) Fresh Orange, Milk	Beef Patty on a Bun, Lettuce & Tomatoes, Baked French Fries Chocolate Milk	Goldfish Crackers, Yogurt	

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## JANUARY 13-17

	BREAKFAST	LUNCH	SNACK	
<b>M</b>	Kaiser Roll (Butter), Apricot Halves, Milk	Split Peas, Brown Rice, Ground Beef, Sliced Pears, Apple Sauce (individual)	Cheese Crackers Milk	<b>W E E K  #  3</b>
<b>T</b>	Sliced Bread Toast (Butter) Fresh Pears, Milk	Hot dog Baked French Fries Tropical Fruit Juice	Saltine Crackers, Apple Sauce Individual	
<b>W</b>	Mini Pancakes (Syrup) Banana, Milk	Fish Patty on a Bun Tomatoes, Baked sweet potatoes, Soda	Sliced Apples (individual bags)	
<b>TH</b>	Cheese Omelet, Bread, Diced Peaches, Milk	Congris (Black Beans) Chicken Tenders, Apple Sauce Individual,	Blueberry muffins, Orange Juice	
<b>F</b>	Assorted mini muffin, Sliced Apples, Milk	Beef Tacos, Soft Tortilla, Lettuce & Diced Tomatoes, Cheddar Cheese, Fruit Cocktail, Juice	Yogurt Animal Crackers	

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## JANUARY 20-24

	BREAKFAST	LUNCH	SNACK	
<b>M</b>	Corn Flakes Cereal, Mix Fruit Cocktail Milk	Lentil Soup, Brown Rice, Ham Slice, Apple Sauce individual	Cheese Sticks Strings, Wheat Crackers	<b>W E E K  #  4</b>
<b>T</b>	Cinnamon raising Bagel (Cream cheese) Fresh Sliced Apples Milk	Brown Rice with Ham & Corn, Baked Chips Juice	Graham Crackers, Milk	
<b>W</b>	French toast Sticks (syrup), Diced Peach Milk	Macaroni (Sauce and Cheese) Chicken Tenders, Sliced Peach, Milk	Goldfish Cracker Pretzels, Apple Sauce	
<b>TH</b>	Biscuit (butter), Fresh Orange sliced, Milk	Turkey Picadillo Brown rice, Sweet Plantain Diced Peaches, Popsicles	Ritz Crackers, Orange Juice.	
<b>F</b>	Kellogg's Crispy Cereal, Banana, Milk	Chicken Patty on a Bun, Lettuce & Tomatoes, Assorted Chips Fruit Cocktail, Soda	Banana muffin, Orange Jell-O.	

# Elementary/Middle Weekly Menu 2020

## JANUARY 27-31

	BREAKFAST	LUNCH	SNACK	
<b>M</b>	Egg Patty, Whole wheat bread toast, Fruit Cocktail, Milk.	Brown Rice, Ground Beef Sweet Plantains, Sliced Pears, Milk	Animal Crackers, Milk.	<b>W E E K  #  5</b>
<b>T</b>	Corn Flakes Cereal, Fresh Orange Sliced, Milk.	Fish Patty on a Bun Tomatoes, Curly French Fries, Fruit Cocktail, Soda	Banana Nut mini muffin, Yogurt	
<b>W</b>	Cinnamon raising Bagel (cream Cheese) Fresh Pears Milk	Seasoned Red beans, White rice, Chicken nuggets, Pineapple Tidbids Milk	Saltine Crackers Cheese Strings	
<b>TH</b>	Kaiser roll (Butter) Diced Peaches Milk	Macaroni with Meat (cheese) Garlic Bread, Sliced Apple Juice	Pretzel, Apple Sauce (individual)	
<b>F</b>	Waffles (Syrup) Fresh sliced Apples, Milk	Brown rice, Turkey Ham Chicken Soup, Diced Peach, Chocolate Milk	Graham Crackers, Assorted Juice	