

Primary, Elementary, Jr,HS Lunch Menu

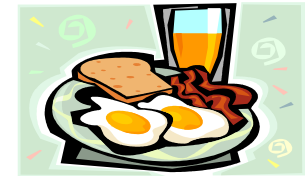


WEEK OF January 23 thru 27, 2012

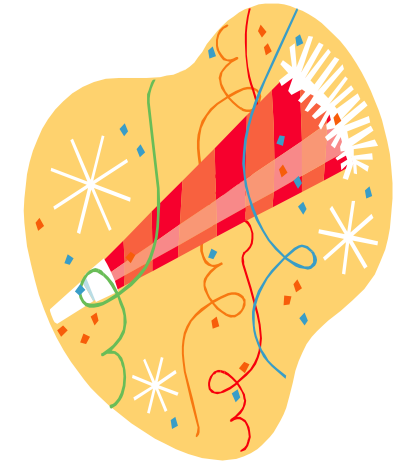
BREAKFAST									
Monday	Cal.	Tuesday	Cal.	Wednesday	Cal.	Thursday	Cal.	Friday	Cal.
Cream O Wheat	140	Muffins Squares	220	Potato /w eggs Sliced Wheat Bread		Waffles w/syrup		Oatmeal	140
Toast w/ Jelly	60	Toast w/ Jelly	60	Toast w/ Jelly	60	Toast w/ Jelly	60	Toast w/ Jelly	60
Cereal	100	Cereal	100	Toast w/ Jelly	60	Cereal	100	Cereal	100
Orange Juice	50/60	Orange Juice	50/60	Cereal	100	Orange Juice / Apple sauce	50/60	Orange Juice/Apple	50/60
Choice of Milk		Choice of Milk		Orange Juice/Apple	50/60	Choice of Milk		Choice of Milk	
				Choice of Milk					

Food for Thought!

Eating a good breakfast is a key to good thinking



LUNCH									
Monday		Tuesday		Wednesday		Thursday		Friday	
Chicken Burgers	234	Salisbury Steak	203	Spaghetti w/ Meatsauce	240	Turkey over/ White rice	441	Frito Pie	
French Fries	112	Mashed Potatoes	120	Whole Carrots	120	Mixed vegetables	38	Tator Tots	112
Burger Salad	5	Green Beans		Toss Salad	38	Diced Pears	70	Broccoli	38
Pink applesauce Ketchup/ Mustard	80 14	Mixed Fruit	80	Pineapple Tidbits	70	Hot Rolls	160	Sliced Peaches	70
Choice of Milk		Hot Rolls	160	Garlic Rolls	160	Choice of milk		Corn Bread	103
		Choice of Milk		Choice of Milk				Choice of Milk	



NOTE: Menus are subject to change

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