

Breakfast is served daily!

7:30-8:00 a.m.

Fruit or Fruit Juice and Fat-free/

1% milk provided daily.

LEEDS CITY SCHOOLS

JANUARY 2016

LHS MENU

Home of the *Green Wave*

Monday

Tuesday

Wednesday

Thursday

Friday

<p>4 Pancake on a Stick</p> <p>STEAK NUGGETS, TURKEY WRAP, SPINACH SALAD, STEAMED CARROTS, PEACHES, MILK</p>	<p>5 Biscuit & Sausage Gravy</p> <p>FAJITA/CHEESE SAUCE, WK CORN, REFRIED BEANS, FRUIT, MILK, JELL-O</p> <p>**PRE-PLATED CHICKEN SALAD, FRUIT, MILK</p>	<p>6 Waffle Sticks</p> <p>CHICKEN TENDERS, TURKEY AND GRAVY/BREADSTICK, GREEN PEAS, STEAMED BROCCOLI, MAC AND CHEESE, FRUIT, MILK, PUDDING</p>	<p>7 Ham Biscuit</p> <p>CHILLI CHEESE DOG, HAM AND CHEESE CROISSANT, POTATO ROUNDS, BAKED BEANS, FRUIT, MILK</p>	<p>8 Mini Pancakes/Sausage Link</p> <p>PIZZA, HAMBURGER, SWEET POTATO STRINGS, GREEN BEANS FRUIT, MILK, M & M COOKIE</p>
<p>11 Breakfast Pizza</p> <p>CHICKEN NUGGETS, SPICY WINGS, BROWN RICE/GRAVY, GREEN PEAS, CARROT STICKS/RANCH, FRUIT, MILK</p>	<p>12 Sausage Biscuit</p> <p>ITALIAN DUNKERS, ITALIAN MIXED VEGETABLES, PARMESAN BROCCOLI BAKE FRUIT, MILK, CAKE</p> <p>**PRE-PLATED CHICKEN SALAD, FRUIT, MILK, CAKE</p>	<p>13 Cinnamon Bun/Oatmeal</p> <p>HAMBURGER, SWEET POTATO STRINGS, ROMANE GARDEN SALAD, FRUIT, MILK, RICE KRISPIE TREAT</p> <p>***HAM WRAP, FRUIT, MILK, RICE KRISPIE TREAT</p>	<p>14 Chicken Biscuit</p> <p>CRISPITO/CHEESE WK CORN, BLACK BEANS, APPLE, MILK</p> <p>**PRE-PLATED CHICKEN SALAD, APPLE, MILK</p>	<p>15 French Toast Sticks</p> <p>PIZZA, TURKEY AND CHEESE CROISSANT, CARROT STICKS/RANCH, SPINACH SALAD, FRUIT, MILK BROWNIE</p>
<p>18</p>  <p>SCHOOLS CLOSED</p>	<p>19 Biscuit & Sausage Gravy</p> <p>HAMBURGER, OVEN FRIES, SPINACH SALAD, PEARS, MILK, PUDDING</p> <p>**PRE-PLATED TURKEY SALAD, FRUIT, MILK</p>	<p>20 Waffle Sticks</p> <p>CHICKEN TENDERS, STUFFED PEPPERONI SANDWICH, CREAMED POTATOES/GRAVY, BLACK EYED PEAS, ROLL FRUIT, MILK, M&M COOKIE</p>	<p>21 Ham Biscuit</p> <p>CHILI CHEESE DOG, QUESADILLAS, BAKED BEANS, CREAMY COLE SALW, PEACHES, MILK, JELLO</p>	<p>22 Mini Pancakes/Sausage Link</p> <p>PIZZA, TURKEY WRAP, CARROT STICKS/RANCH, ROMANE GARDEN SALAD, FRUIT, MILK CHOCOLATE CHIP COOKIE</p>
<p>25 Breakfast Pizza</p> <p>CHICKEN NUGGETS, FISH NUGGETS, CREAMED POTATOES/GRAVY, GREEN PEAS, ROLL, FRUIT, MILK, BROWNIE</p>	<p>26 Sausage Biscuit</p> <p>HAMBURGER, CHICKEN NOODLE SOUP/GRILLED CHEESE, SPINACH SALAD, MIXED VEGETABLES, FRUIT, MILK, SUGAR COOKIE</p>	<p>27 Cinnamon Bun/Oatmeal</p> <p>SPIKEY CHICKEN SANDWICH, GREEN BEANS, CALIFORNIA BLEND VEGGIES, APPLE, MILK, JELLO</p> <p>***BAR B Q BAKED POTATO, PRETZEL, FRUIT, MILK</p>	<p>28 Chicken Biscuit</p> <p>TACO SALAD, BEEF AND BEAN BURRITO, REFRIED BEANS, WK CORN, FRUIT, MILK CHOCOLATE CAKE</p>	<p>29 French Toast Sticks</p> <p>PIZZA, MEATBALL SUB, SWEET POTATO STRINGS, CARROT STICKS/RANCH, PEARS, MILK, PUDDING</p>
<p>Breakfast 2nd Choice</p> <p>Cereal & Toast Offered Mon, Tues, Thurs, Fri</p> <p>Muffin & Yogurt Offered on Wednesdays (See Breakfast Menu on-line)</p>		<p>“ A Man without Education is like a Building without Foundation ”</p> <p>Anonymous Tuesday - Oct 30, 2012 (7:20 am)</p>		

1% and Fat Free-Flavored Milk provided with all meals.



*****MENUS SUBJECT TO CHANGE*****

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer."