

Monday	Tuesday	Wednesday	Thursday	Friday
		2. <u>BREAKFAST</u> Pancake w/ Bacon, Cereal, Fruit/Juice/Milk LUNCH 1 st Hamburger on Bun 2 nd Chicken Patty Potato Tots, Baked Beans, Veggie Bar Pickles, Fruit Choice, Juice, Milk	3. <u>BREAKFAST</u> Chicken Biscuit, Cereal Fruit, Juice, Milk LUNCH 1 st Teriyaki Beef 2 nd Chicken Tenders Green Beans, Carrots, Veggie Bar, Fruit Choice, Juice, Milk	4. <u>BREAKFAST</u> Ham/Cheese BK Sand. Cereal, Fruit, Juice, Milk LUNCH 1 st Grilled Cheese Sandwich 2 nd Cheese Quesadilla Chicken Taco Soup, Tortilla Chips, Salsa, Veggie Bar, Fruit Choice, Juice, Milk
<u>BREAKFAST</u> Sausage Biscuit, Cereal, Fruit, Juice, Milk LUNCH 1 st Chicken Alfredo 2 nd 2-Cheese Sticks <u>Marinara Sauce</u> Broccoli/Cheese, Corn Garlic Toast, Veggie Bar, Fruit Choice, Juice, Milk	8. <u>BREAKFAST</u> Scrambled Eggs/Toast Cereal, Fruit, Juice, Milk LUNCH 1 st Cheese Bites 2 nd Turkey on Bun Chili, Potato Tots, Veggie Bar, Fruit Choice Juice, Milk Cookie	9. <u>BREAKFAST</u> Donut Holes, Cereal Fruit, Juice, Milk LUNCH 1 st Hot Dog on Bun (Plain) 2 nd Chicken Patty / Bun Chips, Baked Beans, Veggie Bar, Fruit Choice, Juice, Milk	10. <u>BREAKFAST</u> Egg and Cheese Biscuit Cereal, Fruit, Juice, Milk LUNCH 1 st Pizza 2 nd Hamburger on Bun California Mix / Cheese Smiley Fries, Veggie Bar Fruit Choice, Juice, Milk	11. <u>BREAKFAST</u> Cini Mini Cereal, Fruit, Juice, Milk LUNCH 1 st Spaghetti 2 nd Popcorn Chicken Garlic Bread Carrots, Green Beans, Veggie Bar, Fruit Choice, Juice, Milk
4. <u>BREAKFAST</u> Jelly Biscuit / Bacon Cereal, Fruit, Juice, Milk LUNCH 1 st Taco Salad 2 nd Quesadilla Refried Beans, Corn Salsa, Veggie Bar, Fruit Choice, Juice, Milk	15. <u>BREAKFAST</u> Funnel Cake, Cereal Fruit, Juice Milk LUNCH 1 st Sliced Ham 2 nd Chicken Casserole Roll, Green Beans, Whole Potatoes, Veggie Bar, Fruit Choice, Juice, Milk	16. <u>BREAKFAST</u> Ham Biscuit, Cereal, Fruit, Juice, Milk LUNCH 1 st Teriyaki Beef 2 nd Popcorn Chicken Fried Rice, Carrots, Broccoli / Cheese, Veggie Bar, Fruit Choice, Juice, M	17. <u>BREAKFAST</u> French Toast Sticks, Cereal, Fruit, Juice, Milk LUNCH 1 st Pizza 2 nd Turkey Sub Smiley Fries, California Mix, Veggie Bar, Fruit Choice, Juice, Milk	18. <u>BREAKFAST</u> Sausage Biscuit Cereal, Fruit, Juice, Milk LUNCH 1 st BBQ Chicken on Bun 2 nd Hamburger on Bun Waffle Fries, Slaw, Veggie Bar, Fruit Choice, Juice, Milk
21. NO SCHOOL	22. <u>BREAKFAST</u> Egg and Cheese Biscuit Cereal, Fruit, Juice, Milk LUNCH 1 st Chicken Patty /Bun 2 nd BBQ Pork French Fries, Slaw, Baked Beans, Veggie Bar, Fruit Choice Juice, Milk Cookie	23. <u>BREAKFAST</u> Pancake w/ Bacon Cereal, Fruit, Juice, Milk LUNCH 1 st Garlic Cheese Bread 2 nd Uncrustable PBJ w/ Cheese Stick Potato Soup, Broccoli, Veggie Bar, Fruit Choice, Juice, Milk	24. <u>BREAKFAST</u> Chicken Biscuit Cereal, Fruit, Juice, Milk LUNCH 1 st 2-Chicken Sliders 2 nd 2-Cheese Sticks w/ <u>Marinara Sauce</u> Corn, Green Beans, Veggie Bar, Fruit Choice, Juice, Milk	25. <u>BREAKFAST</u> Scrambled Eggs/Toast Cereal, Fruit, Juice, Milk LUNCH 1 st Corn Dog Nuggets 2 nd Fish Sticks Pinto Beans, Mac & Cheese, Veggie Bar, Fruit Choice, Juice, Milk
28. <u>BREAKFAST</u> Funnel Cake, Cereal Fruit, Juice, Milk LUNCH 1 st Hamburger on Bun 2 nd BBQ Pork on Bun Baked Beans, Potato Wedges, Veggie Bar, Fruit, Juice, Milk Cookie	29. <u>BREAKFAST</u> Cini Mini, Cereal, Fruit, Juice, Milk LUNCH 1 st Taco (Soft Shell) 2 nd Quesadilla Refried Beans, Corn, Salsa, Veggie Bar, Fruit Choice, Juice, Milk	30. <u>BREAKFAST</u> Scrambled Eggs/Biscuit Cereal, Fruit, Juice, Milk LUNCH 1 st 2-Breakfast Chicken 2 nd 2- Sausage Biscuit, Gravy, Potato Tots, Baked Apples, Veggie Bar, Fruit Choice, Juice, Milk	31. <u>BREAKFAST</u> French Toast Sticks Cereal, Fruit, Juice, Milk LUNCH 1 st Grilled Cheese Sand. 2 nd Uncrustable PBJ Chicken Noodle Soup Waffle Fries, Veggie Bar, Fruit Choice, Juice, Milk	

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January Russellville Menu 2019

Choice of One Entrée

Each meal must have a serving of fruit or vegetable and at least 2 other choices to be a complete meal.

Daily offerings include:

Fruit choice, fresh veggie bar, 1% or fat free milk

Menus are subject to change without notice.

Hamblen County is an equal Opportunity provider and employer.