

BREAKFAST Meal Prices **Elementary: \$1.55** **Middle School: \$1.50** **High School: \$1.50** **Adult: \$2.00**

Week One—Jan. 2-6 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



Main Entree	No School	Breakfast Pizza	Bagel	Cinnamon Roll	Texas French Toast
		Cal: 220 Fat: 10g Protein: 9g Sodium: 570mg Carb: 24g Fiber: 1g	Cal: 207 Fat: 1g Protein: 7g Sodium: 276mg Carb: 46g Fiber: 2g	Cal: 260 Fat: 11g Protein: 6g Sodium: 510mg Carb: 36g Fiber: 1g	Cal: 229 Fat: 5g Protein: 11g Sodium: 415mg Carb: 34g Fiber: 1g



Cold Cereal Choices	Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
	Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Carb: 16g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Carb: 25g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Carb: 17g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Carb: 18g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Carb: 24g Fiber: 1g
	Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
	Cal: 120 Fat: 3g Protein: 1g Sodium: 200mg Carb: 22g Fiber: 1g	Cal: 110 Fat: 2g Protein: 2g Sodium: 160mg Carb: 22g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Carb: 20g Fiber: 2g	Cal: 79 Fat: 1g Protein: 0g Sodium: 118mg Carb: 18g Fiber: 0g	Cal: 106 Fat: 1g Protein: 2g Sodium: 164mg Carb: 21g Fiber: 2g



Fruit & Juice Choices	Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
	Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Carb: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Carb: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Carb: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Carb: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Carb: 14g Fiber: 0g



Condiment Choices	Margarine	Peanut Butter	Syrup	Jelly	Ketchup
	Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Carb: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Carb: 6g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 10mg Carb: 27g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Carb: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Carb: 3g Fiber: 0g



Milk	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g
	Skim	Skim	Skim	Skim	Skim
	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g
	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g

Menus Subject to Change

White And Wheat Bread Available At All Meals

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Week Two – Jan. 9-13 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



Main Entree	Scrambled Eggs w/Cheese	Breakfast Pizza	Pancakes	Ham & Chz English Muffin	Sausage Pancake Wrap
	Cal: 189g Fat: 14g Protein: 14g Sodium: 232mg Carb: 2g Fiber: 0g	Cal: 220 Fat: 10g Protein: 9g Sodium: 570mg Carb: 24g Fiber: 1g	Cal: 254 Fat: 10g Protein: 6g Sodium: 410mg Carb: 32g Fiber: 1g	Cal: 200 Fat: 7g Protein: 11g Sodium: 782mg Carb: 25g Fiber: 1g	Cal: 210 Fat: 10g Protein: 9g Sodium: 470mg Carb: 23g Fiber: 1g



Cold Cereal Choices	Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
	Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Carb: 16g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Carb: 25g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Carb: 17g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Carb: 18g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Carb: 24g Fiber: 1g
	Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
	Cal: 120 Fat: 3g Protein: 1g Sodium: 200mg Carb: 22g Fiber: 1g	Cal: 110 Fat: 2g Protein: 2g Sodium: 160mg Carb: 22g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Carb: 20g Fiber: 2g	Cal: 79 Fat: 1g Protein: 0g Sodium: 118mg Carb: 18g Fiber: 0g	Cal: 106 Fat: 1g Protein: 2g Sodium: 164mg Carb: 21g Fiber: 2g



Fruit & Juice Choices	Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
	Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Carb: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Carb: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Carb: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Carb: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Carb: 14g Fiber: 0g



Condiment Choices	Margarine	Peanut Butter	Syrup	Jelly	Ketchup
	Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Carb: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Carb: 6g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 10mg Carb: 27g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Carb: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Carb: 3g Fiber: 0g



Milk	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g
	Skim	Skim	Skim	Skim	Skim
	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g
	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g

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Week Three– Jan. 16-20 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**

	Main Entree	No School	French Toast Sticks	Pancakes	Sausage Pancake Wrap	Ham & Cheese Biscuit
		Cal: 310 Fat: 14g Protein: 6g Sodium: 520mg Carb: 42g Fiber: 1g	Cal: 254 Fat: 10g Protein: 6g Sodium: 410mg Carb: 32g Fiber: 1g	Cal: 210 Fat: 10g Protein: 9g Sodium: 470mg Carb: 23g Fiber: 1g	Cal: 310 Fat: 17g Protein: 11g Sodium: 1443mg Carb: 30g Fiber: 1g	

	Cold Cereal Choices	Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
		Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Carb: 16g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Carb: 25g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Carb: 17g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Carb: 18g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Carb: 24g Fiber: 1g
		Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
		Cal: 120 Fat: 3g Protein: 1g Sodium: 200mg Carb: 22g Fiber: 1g	Cal: 110 Fat: 2g Protein: 2g Sodium: 160mg Carb: 22g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Carb: 20g Fiber: 2g	Cal: 79 Fat: 1g Protein: 0g Sodium: 118mg Carb: 18g Fiber: 0g	Cal: 106 Fat: 1g Protein: 2g Sodium: 164mg Carb: 21g Fiber: 2g

	Fruit & Juice Choices	Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
		Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Carb: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Carb: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Carb: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Carb: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Carb: 14g Fiber: 0g

	Condiment Choices	Margarine	Peanut Butter	Syrup	Jelly	Ketchup
		Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Carb: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Carb: 6g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 10mg Carb: 27g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Carb: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Carb: 3g Fiber: 0g

	Milk	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
		Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g
		Skim	Skim	Skim	Skim	Skim
		Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g
		Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
		Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g

BREAKFAST Meal Prices **Elementary: \$1.55** **Middle School: \$1.50** **High School: \$1.50** **Adult: \$2.00**

Week Four— Jan. 23-27 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



Main Entree	Waffles	Scrambled Eggs	Cinnamon Roll	Waffles	Breakfast Pizza
	Cal: 200 Fat: 6g Protein: 4g Sodium: 330mg Carb: 64g Fiber: 1g	Cal: 106 Fat: 7g Protein: 9g Sodium: 200mg Carb: 2g Fiber: 0g	Cal: 260 Fat: 11g Protein: 6g Sodium: 510mg Carb: 36g Fiber: 1g	Cal: 200 Fat: 6g Protein: 4g Sodium: 330mg Carb: 64g Fiber: 1g	Cal: 220 Fat: 10g Protein: 9g Sodium: 570mg Carb: 24g Fiber: 1g



Cold Cereal Choices	Rice Crispies	Raisin Bran	Total	Corn Flakes	Golden Grahams
	Cal: 69 Fat: 0g Protein: 0g Sodium: 120mg Carb: 16g Fiber: 0g	Cal: 100 Fat: 1g Protein: 2g Sodium: 143mg Carb: 25g Fiber: 3g	Cal: 77 Fat: 0g Protein: 2g Sodium: 107mg Carb: 17g Fiber: 2g	Cal: 81 Fat: 0g Protein: 1g Sodium: 150mg Carb: 18g Fiber: 1g	Cal: 108 Fat: 1g Protein: 2g Sodium: 217mg Carb: 24g Fiber: 1g
Cold Cereal Choices	Cinnamon Toast Crunch	Honey Nut Cheerios	Cocoa Puffs	Trix	Lucky Charms
	Cal: 120 Fat: 3g Protein: 1g Sodium: 200mg Carb: 22g Fiber: 1g	Cal: 110 Fat: 2g Protein: 2g Sodium: 160mg Carb: 22g Fiber: 2g	Cal: 89 Fat: 1g Protein: 0g Sodium: 133mg Carb: 20g Fiber: 2g	Cal: 79 Fat: 1g Protein: 0g Sodium: 118mg Carb: 18g Fiber: 0g	Cal: 106 Fat: 1g Protein: 2g Sodium: 164mg Carb: 21g Fiber: 2g



Fruit & Juice Choices	Apple	Banana	Melon (Seasonal)	Orange	100% Fruit Juice (Assorted)
	Cal: 95 Fat: 0g Protein: 0g Sodium: 2mg Carb: 19g Fiber: 4g	Cal: 105 Fat: 0g Protein: 1g Sodium: 1mg Carb: 14g Fiber: 3g	Cal: 46 Fat: 0g Protein: 1g Sodium: 21mg Carb: 11g Fiber: 1g	Cal: 65 Fat: 0g Protein: 1g Sodium: 0mg Carb: 13g Fiber: 3g	Cal: 63 Fat: 0g Protein: 1g Sodium: 15mg Carb: 14g Fiber: 0g



Condiment Choices	Margarine	Peanut Butter	Syrup	Jelly	Ketchup
	Cal: 33 Fat: 4g Protein: 0g Sodium: 35mg Carb: 0g Fiber: 0g	Cal: 200 Fat: 16g Protein: 7g Sodium: 140mg Carb: 6g Fiber: 2g	Cal: 150 Fat: 0g Protein: 0g Sodium: 10mg Carb: 27g Fiber: 0g	Cal: 35 Fat: 0g Protein: 0g Sodium: 0mg Carb: 9g Fiber: 0g	Cal: 10 Fat: 0g Protein: 0g Sodium: 80mg Carb: 3g Fiber: 0g



Milk	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat	1% Low Fat
	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g	Cal: 110 Fat: 3g Protein: 8g Carb: 13g
	Skim	Skim	Skim	Skim	Skim
	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g	Cal: 90 Fat: 0g Protein: 8g Carb: 13g
Milk	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate	Skim Chocolate
	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g	Cal: 130 Fat: 0g Protein: 8g Carb: 31g

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Week Five– Jan. 30-31 **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



Main Entree

No School

Breakfast Pizza
 Cal: 220 Fat: 10g
 Protein: 9g Sodium: 570mg
 Carb: 24g Fiber: 1g



Cold Cereal Choices

Rice Crispies
 Cal: 69 Fat: 0g
 Protein: 0g Sodium: 120mg
 Carb: 16g Fiber: 0g

Raisin Bran
 Cal: 100 Fat: 1g
 Protein: 2g Sodium: 143mg
 Carb: 25g Fiber: 3g

Total
 Cal: 77 Fat: 0g
 Protein: 2g Sodium: 107mg
 Carb: 17g Fiber: 2g

Corn Flakes
 Cal: 81 Fat: 0g
 Protein: 1g Sodium: 150mg
 Carb: 18g Fiber: 1g

Golden Grahams
 Cal: 108 Fat: 1g
 Protein: 2g Sodium: 217mg
 Carb: 24g Fiber: 1g

Cinnamon Toast Crunch
 Cal: 120 Fat: 3g
 Protein: 1g Sodium: 200mg
 Carb: 22g Fiber: 1g

Honey Nut Cheerios
 Cal: 110 Fat: 2g
 Protein: 2g Sodium: 160mg
 Carb: 22g Fiber: 2g

Cocoa Puffs
 Cal: 89 Fat: 1g
 Protein: 0g Sodium: 133mg
 Carb: 20g Fiber: 2g

Trix
 Cal: 79 Fat: 1g
 Protein: 0g Sodium: 118mg
 Carb: 18g Fiber: 0g

Lucky Charms
 Cal: 106 Fat: 1g
 Protein: 2g Sodium: 164mg
 Carb: 21g Fiber: 2g



Fruit & Juice Choices

Apple
 Cal: 95 Fat: 0g
 Protein: 0g Sodium: 2mg
 Carb: 19g Fiber: 4g

Banana
 Cal: 105 Fat: 0g
 Protein: 1g Sodium: 1mg
 Carb: 14g Fiber: 3g

Melon (Seasonal)
 Cal: 46 Fat: 0g
 Protein: 1g Sodium: 21mg
 Carb: 11g Fiber: 1g

Orange
 Cal: 65 Fat: 0g
 Protein: 1g Sodium: 0mg
 Carb: 13g Fiber: 3g

100% Fruit Juice (Assorted)
 Cal: 63 Fat: 0g
 Protein: 1g Sodium: 15mg
 Carb: 14g Fiber: 0g



Condiment Choices

Margarine
 Cal: 33 Fat: 4g
 Protein: 0g Sodium: 35mg
 Carb: 0g Fiber: 0g

Peanut Butter
 Cal: 200 Fat: 16g
 Protein: 7g Sodium: 140mg
 Carb: 6g Fiber: 2g

Syrup
 Cal: 150 Fat: 0g
 Protein: 0g Sodium: 10mg
 Carb: 27g Fiber: 0g

Jelly
 Cal: 35 Fat: 0g
 Protein: 0g Sodium: 0mg
 Carb: 9g Fiber: 0g

Ketchup
 Cal: 10 Fat: 0g
 Protein: 0g Sodium: 80mg
 Carb: 3g Fiber: 0g



Milk

1% Low Fat
 Cal: 110 Fat: 3g
 Protein: 8g Carb: 13g

1% Low Fat
 Cal: 110 Fat: 3g
 Protein: 8g Carb: 13g

1% Low Fat
 Cal: 110 Fat: 3g
 Protein: 8g Carb: 13g

1% Low Fat
 Cal: 110 Fat: 3g
 Protein: 8g Carb: 13g

1% Low Fat
 Cal: 110 Fat: 3g
 Protein: 8g Carb: 13g

Skim
 Cal: 90 Fat: 0g
 Protein: 8g Carb: 13g

Skim
 Cal: 90 Fat: 0g
 Protein: 8g Carb: 13g

Skim
 Cal: 90 Fat: 0g
 Protein: 8g Carb: 13g

Skim
 Cal: 90 Fat: 0g
 Protein: 8g Carb: 13g

Skim
 Cal: 90 Fat: 0g
 Protein: 8g Carb: 13g

Skim Chocolate
 Cal: 130 Fat: 0g
 Protein: 8g Carb: 31g

Skim Chocolate
 Cal: 130 Fat: 0g
 Protein: 8g Carb: 31g

Skim Chocolate
 Cal: 130 Fat: 0g
 Protein: 8g Carb: 31g

Skim Chocolate
 Cal: 130 Fat: 0g
 Protein: 8g Carb: 31g

Skim Chocolate
 Cal: 130 Fat: 0g
 Protein: 8g Carb: 31g