

JANUARY 2018

Breakfast and Lunch Menu

FOWLER R4J

This Institution is an Equal Opportunity Provider

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Cold Cereal & Yogurt Fresh Fruit-Fruit Juice Choice of Milk		Lunch Salad Bar Choice of Milk				
	1	2	3	4	5	6
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
7	8	9	10	11	12	13
	NO SCHOOL STAFF INSERVICE	Cereal Bar Country Fried Steak with Brown Gravy Mashed Potato Roll Pears	Biscuit and Gravy Bean and Cheese Burrito Green Chili Corn Mixed Fruit	Frudel Chicken Nuggets Curley Fries Appplesauce	Muffin Tomato Soup Baked Cheese Sandwich Peaches	
14	15	16	17	18	19	20
	Cereal Bar Chicken and Noodles Mashed Potato Roll Pears	Breakfast Pizza Lasagna Corn Breadstick Pineapple	Pancake on a Stick Beef Soft Taco Refried Beans Hot Sauce Mixed Fruit	Breakfast Slider Corn Dog Tater Tots Appplesauce	Muffin Pizza Green Beans Peaches Pudding	
21	22	23	24	25	26	27
	Cereal Bar Mandarin Orange Chicken Fried Rice Broccoli Pineapple	Biscuit and Gravy Pork Patty with Gravy Mashed Potato Roll Peaches	Waffles Enchilada Casserole Pinto Beans Tortilla Appplesauce	Cinni Mini Quesadilla Southwest Corn Pears	Muffin Hot Dog on a Bun Potato Triangle Mixed Fruit	
28	29	30	31			
	Cereal Bar Chili Crackers Donut Peaches	Pancakes Hamburger on a Bun Tomato-Onion-Pickle Baked Beans Mandarin Oranges	Breakfast Pizza Chicken Patty with Gravy Mashed Potato Roll Appplesauce			Menu Subject To Change