

JANUARY 2018

ELEMENTARY BREAKFAST

LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HAPPY NEW YEAR



1

2

3

4

8



9

Breakfast
Cereal & Graham Cracker
Sausage Roll
Sliced Peaches & Assorted Juice
Lunch
Macaroni & Cheese
Fresh Baked Roll
Carrots
Broccoli
Flavored Applesauce

10

Breakfast
Cereal & Graham Cracker
Yogurt w/ Graham Cracker
Fruit Cocktail & Assorted Juice
Lunch
Crispy Beef Tacos
Pinto Beans
Seasoned Corn
Fruit Cocktail
Peach Crisp
Salsa

11

Breakfast
Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Apple Slices & Assorted Juice
Lunch
Chicken Nuggets
Fresh Baked Roll
Mashed Potato & Gravy
Green Beans
Fresh Apple

12

Breakfast
Cereal & Graham Cracker
Dutch Baby Waffle
Fruit Cocktail & Assorted Juice
Lunch
*Hamburger or Cheeseburger
*Protein Bistro Box
Lettuce, Tomato, Pickles
French Fries
Sliced Peaches

15



16

Breakfast
Cereal & Graham Cracker
Strawberry Bagel-ful & Turkey Bacon
Orange Wedges & Assorted Juice
Lunch
*Grilled Cheese Sandwich
*Protein Box Turkey Ham
Vegetable Soup
Corn
Fruit Cocktail

17

Breakfast
Cereal & Graham Cracker
Biscuit & Sausage w/Gravy
Sliced Peaches & Assorted Juice
Lunch
Oven Roasted Chicken
Biscuit
Green Beans
Fresh Baby Carrots
Flavored Applesauce

18

Breakfast
Cereal & Graham Cracker
Trix Yogurt w/Graham Cracker
Apple Slices & Assorted Juice
Lunch
Beef & Cheese Nachos
Refried Beans
Garden Salad
Sliced Peaches

19

Breakfast
Cereal & Graham Cracker
French Toast Sticks & Syrup
Fruit Cocktail & Assorted Juice
Lunch
Grilled Chicken on a Bun
Potato Wedges
Lettuce, Tomato, Pickles
Fresh Apple

22

Breakfast
Cereal & Graham Cracker
Pancake on a Stick
Sliced Peaches & Assorted Juice
Lunch
Pizza - Pepperoni or Cheese
Seasoned Corn
Celery Sticks w/Ranch
Flavored Applesauce

23

Breakfast
Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
*Chili w/Beans & Cinnamon Roll
*Protein Bistro Box
Broccoli
Fruit Cocktail

24

Breakfast
Cereal & Graham Cracker
Yogurt Parfait w/ Graham Cracker
Fruit Cocktail & Assorted Juice
Lunch
Crispito w/Cheese
Refried Beans
Seasoned Carrots
Fresh Apple
Salsa

25

Breakfast
Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Apple Slices & Assorted Juice
Lunch
Chicken & Noodles
Texas Toast
Garden Salad
Green Peas
Sliced Peaches
Chocolate Chip Cookie

26

Breakfast
Cereal & Graham Cracker
Dutch Baby Waffle
Fruit Cocktail & Assorted Juice
Lunch
Chicken Fried Steak on a Bun
Green Beans
Tater Tots
Fresh Orange

29

Breakfast
Cereal & Graham Cracker
Blueberry Pancake on a Stick
Applesauce & Assorted Juice
Lunch
Chicken Nuggets
Protein Bistro Box - Turkey Ham
French Fries
Green Beans
Sliced Peaches

30

Breakfast
Cereal & Graham Cracker
Strawberry Bagel-ful & Turkey Bacon
Orange Wedges & Assorted Juice
Lunch
Chicken Alfredo
Texas Toast
Garden Salad
Steamed Broccoli
Flavored Applesauce

31

Breakfast
Cereal & Graham Cracker
Biscuit & Sausage w/Gravy
Sliced Peaches & Assorted Juice
Lunch
Pizza - Pepperoni or Cheese
Golden Corn
Cucumber & Tomatoes
Fruit Cocktail

MEAL PRICES

~Breakfast~

- Students \$1.30
- Reduced Price - .30¢
- Adult - \$1.80

~Lunch~

- Students - \$2.75
- Reduced Price - .40¢
- Adult - \$3.25

Milk Varieties Offered Daily
8 oz. Cartons of:
FF Chocolate
FF Strawberry
1% Lowfat
Extra Milk or Milk Purchased
Without Tray - .60¢



Each meal
(Breakfast and Lunch)
must contain at least
3 items - 1 of the items
must be a fruit or vegetable.

* Denotes Choice of Entree

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SHAC CORNER

(Student Health Advisory Council)
ALL SESSIONS HELD FROM 6:30-8 PM
(Unless Otherwise Noted)
At ACORN Community & Family Services Center
101 Live Oak Street, Red Oak, TX
RSVP: Donna Knight at 972-617-4568
Or donna.knight@redoakisd.net

January 23rd
SWAPEG
(Southwest Autism Parent Educator Group)

January 30th
Anger Management

DID YOU KNOW...

JANUARY IS NAMED AFTER THE ROMAN GOD JANUS,
WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS.
HE LOOKED BACK TO THE LAST YEAR AND FORWARD
TO THE NEW ONE.