



January










2016

JK HILEMAN ELEMENTARY

Note: Cereal, Toast, Juice, Fruit & Milk offered daily for breakfast.

ALL MENU ITEMS SUBJECT TO AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>You have Brains  in Your Head, You have Feet  in Your Shoes</p> <p>You can Steer  Yourself any Direction  You Choose!  -Dr. Seuss</p>				<p>1</p> 
<p>4 BF PIZZA SPAGHETTI & MEATBALLS GREEN BEANS CARROTS APPLESAUCE MILK CHOICE</p>	<p>5 FRENCH TOAST STIX PIZZA WEDGE ENGLISH PEAS CORN PEARS MILK CHOICE</p>	<p>6 BF TACO CHICKEN FRIES PINTO BEANS BROCCOLI APPLE SLICES ROLL MILK CHOICE</p>	<p>7 SAUSAGE ROLL GRILLED CHEESE SANDWICH CHICKEN VEGETABLE SOUP GARDEN SALAD W/DRESSING PEACHES MILK CHOICE</p>	<p>8 SAUSAGE BISCUIT HAMBURGER TATER TOTS LETTUCE/TOMATO BANANA MILK CHOICE</p>
<p>11 BF PIZZA HOT DOG CARROTS W/RANCH BAKED BEANS PEARS MILK CHOICE</p>	<p>12 PANCAKES PIZZA WEDGE CORN SPINACH STRAWBERRIES MILK CHOICE</p>	<p>13 YOGURT CHICKEN RINGS MASHED POTATOES & GRAVY GREEN BEANS / ROLL APPLE SLICES MILK CHOICE</p>	<p>14 SAUSAGE/PANCAKE STICK TACO SALAD W/CHIPS LETTUCE/TOMATO REFRIED BEANS SPANISH RICE PINEAPPLE MILK CHOICE</p>	<p>15 SAUSAGE BISCUIT HAMBURGER TATER TOTS LETTUCE/TOMATO FRESH FRUIT SALAD W/TOPPING MILK CHOICE</p>
<p>18 NO SCHOOL <i>I Have A Dream</i>  <i>Martin Luther King, Jr. Day</i></p>	<p>19 BF PIZZA PIZZA WEDGE CORN GARDEN SALAD PEACHES MILK CHOICE</p>	<p>20 SCRAMBLED EGGS CHICKEN SMACKERS GLAZED SWEET POTATOES GREEN BEANS PEARS / JELLO MILK CHOICE</p>	<p>21 SAUSAGE ROLL SLOPPY JOES COLE SLAW BAKED BEANS ORANGE SMILES CHOC CHIP COOKIE MILK CHOICE</p>	<p>22 SAUSAGE BISCUIT HAMBURGER TATER TOTS LETTUCE/TOMATO GRAPES SCOOPY SNAX MILK CHOICE</p>
<p>25 BF PIZZA CHICKEN FRIES CABBAGE BLACK-EYED PEAS CORNBREAD STRAWBERRIES MILK CHOICE</p>	<p>26 FRENCH TOAST STIX PIZZA WEDGE ENGLISH PEAS GARDEN SALAD PEACHES MILK CHOICE</p>	<p>27 BF TACO LASAGNA GREEN BEANS CARROTS W/RANCH BREADSTICK W/MARINARA PINEAPPLE MILK CHOICE</p>	<p>28 SAUSAGE/PANCAKE STICK GRILLED CHEESE SANDWICH CHICKEN VEGETABLE SOUP GREEN BEANS APPLESAUCE CRACKERS MILK CHOICE</p>	<p>29 SAUSAGE BISCUIT HAMBURGER TATER TOTS LETTUCE/TOMATO BANANA MILK CHOICE</p>

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January



2016

MORRIS UPCHURCH MIDDLE SCHOOL

Note: Cereal, Toast, Juice, Fruit & Milk offered daily for breakfast.

If Chef Salad is chosen you may also take the fruit offered for the day.

ALL MENU ITEMS SUBJECT TO AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><i>"Be always at war with your vices, At peace with your neighbors, And let each new year Find you a better man."</i></p> <p><i>- Benjamin Franklin</i></p>		
4 BF PIZZA SPAG & MEATBALLS OR MEATBALL SUB GREEN BEANS CARROTS W/RANCH BREADSTICK APPLESAUCE MILK CHOICE	5 FRENCH TOAST STIX PIZZA WEDGE OR STEAK SANDWICH ENGLISH PEAS CORN PEACHES / JELLO MILK CHOICE	6 MINI PANCAKES SWEET & SOUR CHICKEN OR CHICKEN WRAP FRIED RICE / BROCCOLI GLAZED CARROTS APPLE SLICES MILK CHOICE	7 SAUSAGE ROLL GRILLED CHEESE SNDW OR GRILLED CHICKEN SNDW CHICKEN VEGETABLE SOUP PINTO BEANS PEARS MILK CHOICE	8 SAUSAGE BISCUIT HAMBURGER OR SPICY CHICKEN SNDW TATER TOTS LET/TOM/PICKLES BANANA MILK CHOICE
11 BF PIZZA HOT DOG OR HAM & CHEESE SNDW CARROTS W/RANCH BAKED BEANS STRAWBERRIES MILK CHOICE	12 PANCAKES PIZZA WEDGE OR CHICKEN WRAP CORN SPINACH PEARS MILK CHOICE	13 YOGURT MEATBALL SUB OR CHICKEN SMACKERS BLACKEYED PEAS GLAZED CARROTS PINEAPPLE / ROLL MILK CHOICE	14 SAUSAGE/PANCAKE STICK TACO SALAD W/CHIPS OR CHICKEN WRAP LETTUCE/TOMATO SPANISH RICE / REFRIED BEANS APPLESAUCE MILK CHOICE	15 SAUSAGE BISCUIT HAMBURGER OR BBQ SANDWICH TATER TOTS LET/TOM/PI CKLE FRESH FRUIT SALAD MILK CHOICE
18 NO SCHOOL 	19 BF PIZZA PIZZA WEDGE OR BURRITO CORN CARROTS PEACHES MILK CHOICE	20 SCRAMBLED EGGS CHICKEN SMACKERS OR GRILLED CHICKEN SNDW MASHED POTATOES W/GRAVY ENGLISH PEAS / ROLL PEARS MILK CHOICE	21 MINI PANCAKES SLOPPY JOE OR STEAK FINGERS SPINACH BAKED BEANS ORANGE SMILES MILK CHOICE	22 SAUSAGE BISCUIT HAMBURGER OR PEPPERONI PIZZA TATER TOTS LET/TOM/PICKLES GRAPES CHOC CHIP COOKIE MILK CHOICE
25 BF PIZZA STEAK FINGER OR GRILLED CHICKEN SND MASHED POTATO GRAVY / CORNBREAD GREEN BEANS APPLESAUCE MILK CHOICE	26 FRENCH TOAST STIX PIZZA WEDGE OR CORN DOG SPINACH CORN STRAWBERRIES MILK CHOICE	27 BF TACO LASAGNA OR BURRITO GREEN BEANS CARROTS W/RANCH BREADSTICK W/MARINARA PINEAPPLE MILK CHOICE	28 SAUSAGE ROLL GRILLED CHEESE SNDW & GRILLED CHICKEN SNDW CHICKEN VEGETABLE SOUP PINTO BEANS SIDEKICK SLUSH MILK CHOICE	29 SAUSAGE BISCUIT HAMBURGER OR SPICY CHICKEN SNDW TATER TOTS LET/TOM/PICKLE BANANA MILK CHOICE

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January



QUEEN CITY HIGH SCHOOL

Note: Cereal or Cereal Bar, Toast, Juice, Fruit & Milk offered daily for breakfast.

If Chef Salad is chosen you may also take the two fruits and the grain choice offered for the day.

ALL MENU ITEMS SUBJECT TO AVAILABILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><i>"Be always at war with your vices, At peace with your neighbors, And let each new year Find you a better man." - Benjamin Franklin</i></p>		
4 BF PIZZA SPAG & MEATBALLS GREEN BEANS GLAZED CARROTS BREADSTICK W/MARINARA SAUCE APPLESAUCE FRUIT / MILK CHOICE SMART SNAX LINE	5 FRENCH TOAST STIX PIZZA WEDGE ENGLISH PEAS CORN CRACKERS PEACHES / JELLO FRUIT / MILK CHOICE SMART SNAX LINE	6 BF TACO SWEET & SOUR CHICKEN FRIED RICE / BROCCOLI MIXED VEGGIES APPLE SLICES ROLL FRUIT / MILK CHOICE SMART SNAX LINE	7 SAUSAGE ROLL GRILLED CHEESE SANDWICH CHICKEN VEGETABLE SOUP CRACKERS PINTO BEANS PEARS FRUIT / MILK CHOICE SMART SNAX LINE	8 SAUSAGE BISCUIT CHEESEBURGER TATER TOTS LET/TOM/PICKLE BANANA FRUIT / MILK CHOICE SMART SNAX LINE
11 BF PIZZA HOT DOG FRITOS CARROTS W/RANCH BAKED BEANS STRAWBERRIES FRUIT / MILK CHOICE SMART SNAX LINE	12 PANCAKES PIZZA WEDGE CORN SPINACH PEARS FRUIT / MILK CHOICE SMART SNAX LINE	13 YOGURT MEATBALL SUB BLACK-EYED PEAS GLAZED CARROTS PINEAPPLE FRUIT / MILK CHOICE SMART SNAX LINE	14 SAUSAGE/PANCAKE STICK TACO SALAD W/CHIPS LETTUCE/TOMATO SPANISH RICE REFRIED BEANS APPLESAUCE FRUIT / MILK CHOICE SMART SNAX LINE	15 SAUSAGE BISCUIT CHEESEBURGER TATER TOTS LET/TOM/PICKLE FRESH FRUIT SALAD FRUIT / MILK CHOICE SMART SNAX LINE
18	19 BF PIZZA PIZZA WEDGE CORN TURNIP GREENS PEACHES FRUIT / MILK CHOICE SMART SNAX LINE	20 SCRAMBLED EGGS CHICKEN SMACKERS MASHED POTATOES GRAVY / ROLL ENGLISH PEAS FRUIT / MILK CHOICE SMART SNAX LINE	21 SAUSAGE ROLL SLOPPY JOES SPINACH BAKED BEANS CRACKERS ORANGE WEDGES FRUIT / MILK CHOICE SMART SNAX LINE	22 SAUSAGE BISCUIT CHEESEBURGER TATER TOTS LET/TOM/PICKLE GRAPES CHOC CHIP COOKIE FRUIT / MILK CHOICE SMART SNAX LINE
25 BF PIZZA STEAK FINGERS GREEN BEANS MASHED POTATOES GRAVY / CORNBREAD APPLESAUCE FRUIT / MILK CHOICE SMART SNAX LINE	26 FRENCH TOAST STIX PIZZA WEDGE CORN SPINACH STRAWBERRIES FRUIT / MILK CHOICE SMART SNAX LINE	27 BF TACO LASAGNA GREEN BEANS CARROTS W/RANCH BREADSTICK W/MARINARA PINEAPPLE FRUIT / MILK CHOICE SMART SNAX LINE	28 SAUSAGE/PANCAKE STICK GRILLED CHEESE SANDWICH CHICKEN VEGETABLE SOUP CRACKERS PINTO BEANS SIDEKICK SLUSH FRUIT / MILK CHOICE SMART SNAX LINE	29 SAUSAGE BISCUIT CHEESEBURGER TATER TOTS LET/TOM/PICKLE BANANA FRUIT / MILK CHOICE SMART SNAX LINE

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