



January '10 Healthy Breakfast** & Lunch Options



**Breakfast is served only in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Can. Bacon and Cheese Triangle OR Brkfst Burrito, Mxd Fruit, Grits	Sausage Patty, Bagel Apple sauce	Mini-Pancakes w syrup, Sausage Links, Chilled Pears	Beignets or Donuts (choice), Buttered Grits or Oatmeal, Mandarin Oranges
Chicken Teriyaki	Mexican Pizza	Meatballs in Red Gravy w Spaghetti Seasoned Green Beans	Pork Chop Mashed Potato w Gravy	Chicken Strips Broccoli w Cheese
Fried Rice, Sitr Fry Veggies Chilled Pineapple Egg Roll Fortune Cookie	Seasoned Corn Mandarin Oranges Cinnamon Roll	Peaches Garlic Roll	Green Peas Wheat Roll Chocolate Cake	Apricots French Bread
11	12	13	14	15
Waffle w Syrup Sausage Link Chilled Pineapple	Yogurt, Granola or Graham Cracker Chilled Strawberries, Toast w Jelly	Scrambled Egg Patty w/wo Cheese Eng. Muffin, Grits, Mand. Orgng	Scrambled Egg, Cheese Grits, Toast w Jelly, Chilled Peaches	Beignets or Donuts (choice), Oatmeal, Chilled Mixed Fruit
Red/White Beans Cheesy Cauliflower Rice Tropical Mixed Fruit Corn Bread	Crispy PorkGordita Seasoned Corn Lettuce/Tomato Cup Cheese Cup King Cake	Spaghetti w Meatsauce Ceasar Salad Mixed Fruit or Fresh Fruit Italian Bread Sugar Cookie	Turky Gumbo Rice Green Salad Applesauce French Bread Yellow Cake	Pizza, Italian Salad , Pears
18	19	20	21	22
	Can. Bacon and Cheese Triangle OR Brkfst Burrito, Mand. Oranges, Grits	Sausage Patty, Bagel Apple sauce	Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Beignets or Donuts (choice), Oatmeal Chilled Peaches
Martin Luther King, Jr. Day	Beef Nachos w Cheese Seasoned Corn Chilled Peaches King Cake	Lasagna Italian Green Beans Garden Salad Garlic Roll	BBQ Chicken Mashed Potatoes Chilled Strawberries Roll Brownie	Fish Strips Macaroni and Cheese Tossed Salad Applesauce French Bread
No School				
25	26	27	28	29
Pancake Wrapped Sausage w Syrup Chilled Tropical Fruit	Ham & Cheese Bagel Chilled Pineapple	Scrambled Egg Patty w/wo Cheese Biscuit, Grits, Pears	Scrambled Egg, Cheese Grits, Toast with Jelly, Mandarin Oranges	Beignets or Donuts (choice), Oatmeal, Chilled Mixed Fruit
Pork Chop Mashed Potatoes Mixed Fruit Southern Butter Wheat Roll Pudding	Crispy Pork Taco Seasoned Corn Lettuce/Tomato Cup Cheese Cup King Cake	Chicken Parmesan Spaghetti / Italian Gravy Steamed Broccoli Tropical Fruit Italian Bread	Turkey Noodle Soup Grilled Chese Cheesy Spinach Chilled Pears	Two-fers Lettuce-Tomato Cup Pears Smarty Cookie
	Potato Bar	Pre-Plated Salad-Chicken Smackers	Hot Dog	



School lunches must meet recommendations of the Dietary Guideline for Americans.

*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.

*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.



Check Out Our Website At: www.schoolcafe.org

Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal.

Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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January 29th is Student Choice Day!
YOU choose what's for lunch.

School Name: _____



January 27th is Grape Nutrition Day!

Stop by the Nutrition Day table for a juicy, delicious grape sample and fun activity!

