## January Elementary Menu

FRIDAY

## DID YOU WKNOW

## 

Our program offers food from 5 Food Groups at each lunch (Fluid Milk, Grains, Meat/Meat Alternate, Fruit, Vegetable). As long as at least 3 Food Groups are on their tray (including a fruit or vegetable), it counts as a complete meal. Each student has a choice!


## BREAKFAST: <br> Cinni Minni's, or

 Cereal \& Graham Cracker Fruit, Juice, MilkLUNCH:
Beef Nachos or Protein Box w/ Egg, Seasoned Pinto Beans Steamed Carrots, Pears

## BREAKFAST:

Breakfast Pizza (T), or
16
Cereal \& Graham Crackers Fruit, Juice, Milk
LUNCH:
Chicken Chili Crispito w/ Cheese Sauce or Turkey Sub Sandwich, Garden Salad, Refried Beans, Applesauce

## BREAKFAST: <br> Cinni Minni's, or <br> 

## BREAKFAST:

Pancake on a Stick (T), or 22 Cereal \& Graham Crackers Fruit, Juice, Milk
LUNCH:
Grilled Cheese Sandwich or Protein Box w/ Turkey, Tater Tots, Vegetable Beef Soup, Applesauce

## BREAKFAST:

French Toast Sticks, or
29
Cereal \& Graham Crackers
Fruit, Juice, Milk
LUNCH:
Chicken \& Waffles or
Yogurt/Muffin Box, Normandy Blend Vegetables, Sweet Potato Fries, Peach Slices

| BREAKFAST: |  |
| :--- | :--- |
| Sausage Biscuit ( $T$ ), | 10 |

Sausage Biscuit (T),
10
or Cereal \& Graham Crackers Fruit, Juice, Milk
LUNCH:
Boneless Wings (C) or
Yogurt/Muffin Box, Fresh Roll, Curly Fries, Carrots/Celery, Mandarin Oranges

## BREAKFAST:

Sweet Cinnamon Waffle or Cereal \& Graham Crackers Fruit, Juice, Milk
LUNCH:
Corndog Nuggets (C) or
Grilled Cheese, Potato Grilled Cheese, Potato
Wedges, Steamed Broccoli, Fresh Orange

## BREAKFAST: <br> Sausage Biscuit (T),

 or Cereal \& Graham Crackers Fruit, Juice, MilkLUNCH:
Popcorn Chicken OR Yogurt/Muffin Box, Fresh Roll, Curly Fries, Carrot/Celery Sticks, Mandarin Oranges

BREAKFAST:
Buttery Maple Waffle, or 11 Cereal \& Graham Crackers Fruit, Juice, Milk
LUNCH:
Cheese or Pepperoni (T) Pizza or Turkey Chef Salad,
Cucumber \& Tomato, Corn,
Apple Slices

## BREAKFAST:

Sausage Biscuit (T), or Cereal \& Graham Crack 18 Fruit, Juice, Milk

## LUNCH:

Spaghetti \& Meat Sauce (B) or Bosco Cheese Stick, Garlic Toast, Green Beans, Steamed Carrots, Apple Slices

## BREAKFAST:

Buttery Maple Waffle, or 25 Cereal \& Graham Crackers Fruit, Juice, Milk
LUNCH:
Salisbury Steak (B) w/ Gravy or Turkey Chef Salad, Biscuit, Mashed Potatoes, Steamed Broccoli, Apple Slices

## BREAKFAST:

Sausage Biscuit (T), or Cereal \& Graham Crackers Fruit, Juice, Milk
LUNCH:
Pepperoni Calzone (T) or Turkey Chef Salad, Garlic Breadstick, Green Beans, Steamed Carrots, Apple Slices

Breakfast Price:

## Lunch Price:

Reduced: \$0.40 Full: \$2.90
(P): Contains Pork (T): Contains Turkey (C): Contains Chicken
(B): Contains Beef

Menu items may change due to product availability

Lactose-Free Cow's Milk and Soy Milk are available to all students upon request

To apply funds, view menu or detailed nutritional info, visit schoolcafe.com/redoakisd, or scan this QR code:


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