

# January 2021 High School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan--1 Winter Break NO SCHOOL TODAY
Jan--4 Biscuits & Gravy Diced Pears Juice Milk	Jan--5 Cold Cereal Whole Wheat Toast w/Jelly Pineapple Chunks Juice Milk	Jan--6 Hard Boiled Egg Choice of Muffin Fruit Cocktail Juice Milk	Jan--7 Mini Waffle Sausage Patty Breakfast Fresh Fruit Mix Juice Milk	Jan--8 Pancake on a Stick Banana Juice Milk
Jan--11 Cold Cereal Whole Wheat Toast w/Jelly Applesauce Juice Milk	Jan--12 Egg & Cheese English Muffin Orange Wedges Juice Milk	Jan--13 Pancakes w/Syrup Sausage Patty Strawberries Juice Milk	Jan--14 Choice of Muffin Yogurt Honeydew Chunks Juice Milk	Jan--15 Cheese Omelet Flour Tortilla Banana Juice Milk Salsa
Jan--18 Martin Luther King's Birthday NO SCHOOL TODAY Ultimate Breakfast Round Yogurt Applesauce Juice Milk	Jan--19 Biscuits & Gravy Orange Wedges Juice Milk	Jan--20 Oatmeal Whole Wheat Toast w/Jelly Breakfast Fresh Fruit Mix Juice Milk	Jan--21 Cold Cereal Whole Wheat Toast w/Jelly Peaches Juice Milk	Jan--22 Mini Cinnis String Cheese Banana Juice Milk
Jan--25 French Toast Sticks w/Syrup Sausage Patty Fruit Cocktail Juice Milk	Jan--26 Cold Cereal Whole Wheat Toast w/Jelly Fresh Apple Juice Milk	Jan--27 Bacon Scramble Pineapple Chunks Juice Milk	Jan--28 Yogurt Granola Applesauce Juice Milk	Jan--29 Breakfast Burrito Graham Crackers Banana Juice Milk Salsa





# Central Consolidated School District



## January 2021 High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan--1 Winter Break NO SCHOOL TODAY
Jan--4 Bean & Cheese Burrito Chopped Lettuce & Tomato Spicy Corn Salad Fruit Cocktail Honeydew Chunks Fresh Veggies Milk	Jan--5 Spaghetti Tossed Salad Italian Vegetables Breadstick Orange Wedges Peaches Fresh Veggies Milk	Jan--6 Chicken Bowl Peas Wheat Roll Pineapple Chunks Fresh Apple Fresh Veggies Milk	Jan--7 Pork Riblet Sandwich Cucumber Slices Sweet Potato Fries Strawberries Applesauce Fresh Veggies Milk	Jan--8 Pepperoni Pizza Green Beans Banana Fresh Veggies Ranch Dressing Milk
Jan--11 Crunchy Tacos Spanish Rice Seasoned Pinto Beans Chopped Lettuce & Tomato Fruit Cocktail Grape Cluster Fresh Veggies Milk	Jan--12 Alfredo Pasta Tossed Salad Italian Vegetables Breadstick Mandarin Oranges Fresh Apple Milk	Jan--13 Chicken Fillet Sandwich Tater Tots Watermelon Wedges Applesauce Fresh Veggies Milk	Jan--14 Steak Fingers Mashed Potatoes w/Gravy Mixed Vegetables Wheat Roll Sidekick Smoothie Pineapple Chunks Fresh Veggies Milk	Jan--15 Grilled Ham & Cheese Sandwich Chicken Vegetable Soup Cucumber Slices Peaches Fresh Pear Pudding Fresh Veggies Milk
Jan--18 Martin Luther King's Birthday NO SCHOOL TODAY  Hamburger Fries Chopped Lettuce & Tomato Mandarin Oranges Chocolate Chip Cookie Milk	Jan--19 Popcorn Chicken Mashed Potatoes w/Gravy Green Beans Wheat Roll Diced Pears Grape Cluster Fresh Veggies Milk	Jan--20 Cheese Pizza Tater Tots Cucumber Slices Cantaloupe Chunks Fresh Veggies Milk	Jan--21 Lasagna Tossed Salad Breadstick Peas Fruit Cocktail Orange Wedges Fresh Veggies Milk	Jan--22 Chicken Fajita Refried Beans Chopped Lettuce & Tomato Pineapple Chunks Honeydew Chunks Fresh Veggies Milk
Jan--25 Salisbury Steak Mashed Potatoes w/Gravy Steamed Broccoli Wheat Roll Orange Wedges Peaches Fresh Veggies Milk	Jan--26 Frito Pie Cornbread Chopped Lettuce & Tomato Whole Kernel Corn Peaches Watermelon Wedges Fresh Veggies Milk	Jan--27 Sloppy Joe Tater Tots Cucumber Slices Diced Pears Grape Cluster Fresh Veggies Milk	Jan--28 Green Chile Chicken Enchiladas Seasoned Pinto Beans Chopped Lettuce & Tomato Wheat Roll Fresh Apple Sidekick Smoothie Fresh Veggies Milk	Jan--29 Mandarin Orange Chicken Oriental Blend Veggies Brown Rice Mandarin Oranges Strawberries Fortune Cookie Fresh Veggies Milk

