








Cost:
Breakfast \$0.95 **Adult/Non MES student breakfast** \$1.90
Student Lunch \$2.20 **Milk Only** \$0.50
Break/lunch Reduced Meal \$0.30 **Juice** \$0.30
Adult Lunch \$4.40 **(Milk Included in all lunches)**

January 2010 Breakfast/Lunch Menu

BREAKFAST: 7:15 – 7:45 A.M.
NOTE: MENU SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
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Teacher's Work Day 4 	Professional Dev. Day 5 	Professional Dev. Day 6 	7 Breakfast: Fresh Papaya & Pineapple Chunks, Fresh Bake Cinnamon Roll, Scramble Egg Lunch: Turkey Pastrami on W.W. Bun, Shredded Lettuce, Tomato, Fresh Banana, Shortbread Cookie Artic – Gr 1	8 Breakfast: Chilled Pineapple Tidbits. Fresh Bake Coffee Cake, Ham Slice Lunch: Breaded Fried Chicken, Whipped Potatoes, Mixed Vegetables, Apple Crisp, W.W. Roll Artic – Gr 6
11 Breakfast: Chilled Fruit Cocktail, Steamed Rice, Breaded Chicken Dog w/ Gravy Lunch: Bake Beans & Frank, Steamed Rice, Garden Vegetable, Apple Wedge, W.W. Roll Artic – Gr 5	12 Breakfast: Chilled Applesauce, Toasted English Muffin w/ Guava, Cream Cheese, Turkey Ham Slice Lunch: Soft Shell Taco, Shredded Lettuce, Dice Tomatoes, Sour Cream/Salsa, Oven Potatoes, Peaches Artic - Gr 4	13 Breakfast: Chilled Grape Juice, Steamed Rice, Portuguese Sausage, Scramble Egg Lunch: Double Cheese Pizza, Garden Vegetable, Applesauce, Jello Teen Biz Gr 6 - F	14 Breakfast: Chilled Pineapple Chunks, Fried Rice, Scramble Egg Lunch: Roast Turkey w/ Gravy, Whipped Potatoes, Corn Niblets, Orange Wedge, Raisin Roll Artic – Gr 3	15 Furlough Friday 
Martin Luther King Holiday 18 	19 Breakfast: Chilled Applesauce, French Toast, Super Syrup, Turkey Links Lunch: : Breaded Chicken Patty w/ Gravy, Whipped Potatoes, Mixed Vegetables, Pineapple Chunks, W.W. Roll Artic -Gr 2	20 Breakfast: Fresh Apple Wedges, Cereal w/ Blueberries or Raisin, Frankfurter Lunch: Bake Creole Macaroni, Garden Vegetable, Banana, Garlic Bread Artic -Gr 1	21 Breakfast: Chilled Fruit Cocktail, Mini Blueberry Muffin, Breaded Chicken Breakfast Patty Lunch: Breaded Chicken Stick Wrap w/ Ranch Dressing, Shredded Lettuce, Dice Tomatoes, Sour Cream/Salsa, Biscuit, Peach Slice Gr 6 - F	22 Breakfast: Chilled Dice Pears, Cheese Omelet, W.W. Toast Lunch: Western BBQ Pulled Turkey Sandwich on W.W. Bun, Oven Potatoes, Garden Vegetable, Orange Wedge Gr K – Artic
25 Breakfast: Chilled Orange Juice, W.W. Pancake, Maple Syrup, Breaded Chicken Dog Lunch: Breaded Chicken Nuggets w/ BBQ Sauce, Steamed Rice, Creamy Cole Slaw, Peaches, W.W. Roll Gr 5 - E	26 Breakfast: Chilled Applesauce, Pizza Pocket, Cinnamon Toast Lunch: Fish Burger on W.W. Bun, Oven Potatoes, Tartar Sauce, Garden Vegetables, Fruit Cocktail Gr 4 - D	27 Breakfast: Chilled Fruit Cocktail, Fresh Bake Bumbucha Biscuit, Whipped Butter, Asst. Jelly, Ham Slice Lunch: Corn Dog, Garden Vegetable, Potato Rounds, Orange Wedge, W.W. Roll Teen Biz Gr 6 – F	28 Breakfast: Chilled Pineapple Chunks, Fried Rice. Pork Sausage Patty Lunch: Chicken Adobo, Steamed Rice, Garden Vegetable, Fresh Pineapple, W.W. Roll Gr 3 - C	29 Furlough Friday 

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