

SHARON SPRINGS CSD

January, 2018 BREAKFAST & LUNCH MENU

**AVAILABLE DAILY: GRILLED CHICKEN SALAD, FRUIT & YOGURT PARFAIT, PBJ, WATER
ASSORTED CANNED & FRESH FRUITS & LOW FAT CHOCOLATE, STRAWBERRY and WHITE
MILKS.**

<p>1. HAPPY NEW YEAR!!! </p>	<p>2. Hotdog/WW Bun OR Ribaque/Bun Mashed Potatoes Veggie Sticks</p>	<p>3. Macaroni & Cheese OR Beefy Mac & Cheese WW Dinner Roll Broccoli</p>	<p>4. Grilled Cheese Sandwich OR Egg Salad Sandwich Tomato Soup Carrot Pepper & Celery Sticks</p>	<p>5. Homemade Cheese or Pepperoni Pizza OR Chicken Patty/WW Bun Romaine Spinach Garden Salad, LF Dressings Locally Grown Crispy Apples</p>
<p>8. WG French Toast Sticks OR WG Flavored Pancakes Turkey Sausage Carrot and Celery Sticks</p>	<p>9. Beef Taco OR Chicken Nacho Taco Lettuce Cheese Tomato Black Bean Salsa Mac Salad with a Rainbow of colored veggies</p>	<p>10. Chicken Nuggets Herb Enhanced Rice Butternut Squash</p>	<p>11. Build your own Burger/WW Bun Oven Baked Fries Flavored Carrots</p>	<p>12. Homemade Cheese or Pepperoni Pizza OR Chicken Patty/WW Bun Romaine Spinach Garden Salad, LF Dressings Locally Grown Crispy Apples</p>
<p>15. SCHOOL CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>16. Beef Taco OR Chicken Nacho Taco Lettuce Cheese Tomato Black Bean Salsa Mac Salad with a Rainbow of colored veggies</p>	<p>17. Chicken Patty/WW Bun Herb Enhanced Rice Broccoli</p>	<p>18. Meatball Sub OR Oven Baked Ziti/Meatballs Green Beans</p>	<p>19. Homemade Cheese or Pepperoni Pizza OR Chicken Patty/WW Bun Romaine Spinach Garden Salad, LF Dressings Locally Grown Crispy Apples</p>
<p>22. Lasagna Garden Salad LF Dressing Garlic Bread</p>	<p>23. Beef Taco OR Chicken Nacho Taco Lettuce Cheese Tomato Black Bean Salsa Mac Salad with a Rainbow of colored veggies</p>	<p>24. Chicken Nuggets Herb Enhanced Rice Spinach</p>	<p>25. Build your own Burger/WW Bun Oven Baked Fries Golden Crisp Corn </p>	<p>26. Homemade Cheese or Pepperoni Pizza OR Chicken Patty/WW Bun Romaine Spinach Garden Salad, LF Dressings Locally Grown Crispy Apples</p>
<p>29. Spartan Kids Favorite <u>Popcorn Chicken Bowl</u> Popcorn Chicken Mashed Potatoes LS Gravy LF Shredded Cheese Golden Crisp Corn</p>	<p>30. Beef Taco OR Chicken Nacho Taco Lettuce Cheese Tomato Black Bean Salsa Mac Salad with a Rainbow of colored veggies</p>	<p>31. Buffalo Wing Ziti OR Oven Spaghetti w/ Meatballs Green Beans Garlic Bread</p>		

MENU SUBJECT TO CHANGE

<p>Every Monday Breakfast Sandwich OR WG Flavored Pancake or Waffles OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk</p>	<p>Every Tuesday Homemade Chocolate Chip Muffin OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk</p>	<p>Every Wednesday Breakfast Sandwich OR WG French Toast Sticks OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk</p>	<p>Every Thursday Homemade Chocolate Chip Muffin OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk</p>	<p>Every Friday Homemade WG Cinnamon Bun OR OR Cold Cereal Choice w/ Graham Cracker OR WG Bagel w/ Cream Cheese Fruit Juice Milk</p>
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