



<p><i>Monday</i> French Toast Sticks Sausage & Cheese Sandwich</p>	<p><i>Thursday</i> Pancake on a Stick Egg & Cheese Sandwich</p>
<p><i>Tuesday</i> Double Chip Breakfast Round Egg & Cheese Sandwich</p>	<p><i>Friday</i> Whole Grain Cinnamon Roll Ham & Cheese Muffin</p>
<p><i>Wednesday</i> Yogurt Parfait Sausage & Cheese Sandwich</p>	<p><i>For Champions On The Go - DAILY</i> Plain or Blueberry Bagel & Cream Cheese Cold Cereal Hot Oatmeal Fruit & a variety of Milk</p>

Breakfast Fact:

Breakfast is FREE for all students

Adults: \$1.90

This institution is an equal opportunity provider.

We use a nutrient analysis program to analyze our menus. The required guidelines are listed below. We strive to meet or exceed these guidelines.



EVERYDAY CHOICES
With/Oven Baked Curly Fries
Classic Hamburger
Cheeseburger
Spicy Crispy Chicken Sandwich
Classic Crispy Chicken Sandwich



EXPLORE

*Great Variety & Healthy Choices -
All meals include a trip through the Thrive Garden Bar*



EVERY DAY CHOICES
Made to Order Sandwiches
Daily Options: Tuna, Turkey,
Ham, Turkey & Ham.

All sandwiches offer a trip through the Thrive Garden Bar

Tuesday and Thursday

Taco Beef or Chicken
Fiesta Nachos
Cheese Sauce and Beans
And topping choices of: Olives, Tomatoes,
Lettuce, Onions, Jalapenos, Sour Cream



EVERYDAY PIZZA CHOICES: Pepperoni OR Cheese
Mon: Sausage, Wed: Hawaiian, Fri: Buffalo Chicken

SIDES OFFERED DAILY WITH LUNCH CHOICES

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Garden Salad Greens and Low Fat or Fat Free Milk

Lunch Prices - Adults: \$3.40 Students: Free

January 2018

1 <i>New Years Day No School</i>	2 <i>Crispy Chicken Fries</i>	3 <i>Orange Chicken Bowl</i>	4 <i>Chicken Drumsticks</i>	5 <i>General Tso Chicken Bowl</i>
8 <i>Country Style Chicken Bowl</i>	9 <i>Oven Baked Corn Dogs</i>	10 <i>Zesty Enchiladas</i>	11 <i>BBQ Pork Sandwich</i>	12 <i>Cheesy Breadsticks w/ Marinara Sauce</i>
15 <i>MLK Jr. Day No School</i>	16 <i>Crispy Chicken Fries</i>	17 <i>Orange Chicken Bowl</i>	18 <i>Chicken Drumsticks</i>	19 <i>General Tso Chicken Bowl</i>
22 <i>Country Style Chicken Bowl</i>	23 <i>Oven Baked Corn Dogs</i>	24 <i>Zesty Enchiladas</i>	25 <i>BBQ Pork Sandwich</i>	26 <i>End of Quarter No School</i>
29 <i>Spaghetti with Meatsauce</i>	30 <i>Crispy Chicken Fries</i>	31 <i>Orange Chicken Bowl</i>		