

JANUARY MENUS 2019

EAST MILLS COMMUNITY SCHOOL DISTRICT

BREAKFAST AND LUNCH MENU SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PLEASE REMEMBER TO KEEP MONEY IN YOUR CHILD'S MEAL ACCOUNT.</p>	<p>NO SCHOOL</p>	<p>1 NO SCHOOL</p> 	<p>2 NO SCHOOL</p>	<p>3 B. Sausage, WW Toast, Juice, Apple L. WG Chicken Crispeto, Cooked /carrots, Peas, String Cheese, Mandarin Oranges</p>	<p>4 B. WG Muffin, Juice, Orange L. WG Stuffed Crust Pizza, Corn, Green Beans, Peaches</p>	<p>"This is an Equal Opportunity Provider"</p>
<p>6 We will serve breakfast at the Elementary on Monday for those who sign up.</p>	<p>7 L. WG Corn Dog, Green Beans, Savory Carrots, Rosy Applesauce, WG Scooby Doo Snacks</p>	<p>8 B. WG Bkf Pizza, Juice, Apple L. Mr Rib/WG Bun, Baked Beans, Oven Fries, Pears</p>	<p>9 B. WG Pancake Stick, Juice, Banana L. WG Chicken Nuggets Broccoli/Cheese, Coleslaw, Strawberry/. Banana, WG Roll</p>	<p>10 B. Scrambled Eggs, WW Toast, Juice, Orange L. WG Spaghetti/Meat Sauce, Baby Carrots, Romaine Lettuce, Pineapple, WG Cheese Bread</p>	<p>11 B. WG Long John, Juice, Apple L. Grilled Chicken Patty/WG Bun, Corn, Peas, Mandarin Oranges</p>	<p>12</p>
<p>13 WG Cereal/Cereal Bar/Pop Tart, WW Toast and Juice served as an alternative breakfast. (k-12) Bagel/Yogurt or also sever as an alternative for 7-12 grade.</p>	<p>14 NO SCHOOL</p> 	<p>15 B. WG Bkf Patty/WW Toast, Juice, Apple L. Shredded Beef/WG Bun, Baked Beans, Cooked Carrots, Mixed Fruit</p>	<p>16 B. WG French Toast, Juice, Banana L. Walking Taco/Chili Con Carne/Cheese/WG Corn Chips, Corn, Green Beans, Pears, WG Sports Cookie Bites</p>	<p>17 B. Sausage Patty, WW Toast, Juice, Orange L. WG Pork Chop, Mashed Potato/Gravy, Peas, Peaches, WG Roll</p>	<p>18 B. WG Muffin, Juice, Apple L. WG Chicken Patty/WG Bun, Romaine Lettuce, Baby Carrots, Mandarin Oranges</p>	<p>19</p>
<p>20 Chef Salad or WG pizza offered as an alternative lunch entrée for 7-12 grade. Low fat white and fat free flavored milk offered with all meals.</p>	<p>21 L. WG Burrito/Cheese Sauce, Corn, Savory Carrots, Rosy Applesauce</p>	<p>22 B. WG Bkf Pizza, Juice, Apple L. Hamburger/WG Bun, Baked Beans, Oven Fries, Peaches (Cheese Slice 9-12)</p>	<p>23 B. WG Pancake Stick, Juice, Banana L. WG Chicken Strips, Broccoli/Cheese, Green Beans, Strawberry/Banana, WG Cookie (WW Bread 9-12) (1 serving)</p>	<p>24 B. Scrambled Eggs, WW Toast, Juice, Orange L. Pulled Pork/WG Bun, Romaine Lettuce, Coleslaw, Mandarin Oranges</p>	<p>25 B. WG Long John, Juice, Apple L. Chili, Carrot, Celery Sticks, Mixed Fruit, WG Cinnamon Roll, WG Crackers</p>	<p>26</p>

<p>27 We will be selling a la carte items during breakfast and lunch. Make sure your child has money in their meal to purchase items. (k-12)</p>	<p>28 L. Mandarin Orange Chicken, Steamed Broccoli, Mixed Vegetables, Mandarin Oranges, WG Rice, (WW Bread 9-12)</p>	<p>29 B. WG Bkf Patty, WW Toast, Juice, Apple L. Hot Dog/WG Bun, Baked Beans, Savory Carrots, Pears, WG Chips</p>	<p>30 B. WG French Toast, Juice, Banana L. WG Chicken Drumsticks, Mashed Potato/Gravy, Peas, Mixed Fruit, WG Roll</p>	<p>31 B. Sausage, WW Toast, Juice, Apple L. Maidrite/WG Bun, Green Beans, Corn, Peaches, Chocolate Cake</p>
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