

# ALLENDALE SCHOOL BREAKFAST AND LUNCH MENU January 2018

| MONDAY                                                                                | TUESDAY                                                                                       | WEDNESDAY                                                                                             | THURSDAY                                                                                           | FRIDAY                                                                                                  |
|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <i>Served Daily For Breakfast: Toast, Cereal, Fruit, Yogurt &amp; Cheese Stick</i>    |                                                                                               | Whole wheat grains are served                                                                         | Choice of No-Fat or Low-Fat Milk served daily                                                      |                                                                                                         |
| Alternate Choice for Week 3-5<br>Peanut Butter/ Jelly Sandwich                        | Alternate Choice for Week 8-12<br>Cheesy                                                      | Alternate Choice for Week 15-19<br>Ham and Cheese on Bun                                              | Alternate Choice for Week 22-26<br>Chicken Cheesy                                                  | Alternate Choice for Week 27-31<br>Grilled Cheese                                                       |
| 1.<br><br>No School<br>Christmas Break                                                | 2.<br><br>No School<br>Christmas Break                                                        | 3. French Toast Sticks<br><br>Chicken Patty<br>Broccoli<br>Chips<br>Fruit                             | 4. Egg/Sausage on Bun<br><br>Salisbury Steak<br>Mashed Potatoes<br>Parmesan/Ranch Carrots<br>Fruit | 5. Biscuits & Gravy<br><br>Calzone<br>Lettuce Salad<br>Fruit                                            |
| 8. Scrambled Eggs<br><br>Fish Sticks<br>Macaroni and Cheese<br>Mixed Veggies<br>Fruit | 9. French Toast Casserole<br><br>Cheeseburger<br>Fries<br>Green Beans<br>Fruit                | 10. Muffins<br><br>Chicken Nachos<br>Lettuce/Chips<br>Refried Beans<br>Salsa<br>Fruit                 | 11. Breakfast Burritos<br><br>Spaghetti<br>Lettuce Salad<br>Red Lobster Roll<br>Fruit              | 12. Biscuits & Gravy<br><br>Pepperoni Sub<br>Sandwich<br>Pickle Spear<br>Carrots/ dip<br>Chips<br>Fruit |
| 15.<br><br>No School                                                                  | 16. Pancakes/Sausage<br><br>Pizza Burger<br>Cheese Potatoes<br>Green Beans<br>Fruit           | 17. Cheese Omelet<br><br>Beef Nachos<br>Lettuce<br>Refried Beans<br>Salsa<br>Fruit                    | 18. Sausage/Hashbrown<br><br>Potato Soup<br>½ Ham Salad Sand.<br>Crackers<br>Fruit                 | 19. Biscuits & Gravy<br><br>Pizza<br>Fries<br>Corn<br>Fruit                                             |
| 22. Cream of Wheat<br><br>Hot Dog on Bun<br>Baked Beans<br>Broccoli<br>Fruit          | 23. Bacon/Egg/Quesadilla<br><br>Cheeseburger<br>Cheesy Cauliflower<br>Sweet Potatoes<br>Fruit | 24. Waffles<br><br>Chicken Nachos<br>Lettuce Salad<br>Chips/Salsa<br>Fruit                            | 25. Egg/Sausage on Bun<br><br>Chicken and Noodles<br>Mashed Potatoes<br>Corn<br>Hot Roll<br>Fruit  | 26. Biscuits & Gravy<br><br>CrockPot Pizza<br>Bread Stick<br>Lettuce Salad<br>Fruit                     |
| 29. Cinnamon Roll<br><br>Chicken Nuggets<br>Brown Rice<br>Green Beans<br>Fruit        | 30. Breakfast Burrito<br><br>BBQ on Bun<br>Creamed Peas<br>Tator Tots<br>Fruit                | 31. Ham/Egg on Bun<br><br>Soft Shell Tacos<br>Lettuce/Cheese<br>Refried Beans<br>Chips/Salsa<br>Fruit |                                                                                                    |                                                                                                         |

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\*ALL MENUS ARE SUBJECT TO CHANGE\*