

MINGO COUNTY SCHOOLS – CHILD NUTRITION
HIGH SCHOOL BREAKFAST/LUNCH MENU
January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Holiday	2 No School for Students	3 No School for Students	4 Breakfast Bread/String Cheese Fruit & Juice ----- Spaghetti Caesar Salad Steamed Corn WG Hot Roll Applesauce Milk	5 Egg Biscuit Fruit & Juice ----- Chicken Fajitas w/Tortilla Lettuce/Tomato Chips & Salsa Refried Beans Milk Fruit Juice Bar Mandarin Oranges
8 Pancake on a Stick Fruit & Juice ----- Breaded Chicken Sandwich Lettuce & Tomato Baked Fries Steamed Peas Pears Milk Sherbet	9 Bagel w/ Cream Cheese/Wowbutter/Jelly Fruit & Juice ----- Steak & Gravy Mashed Potatoes Green Beans WG Hot Roll Peaches Milk	10 Breakfast Pizza Fruit & Juice ----- Tacos/Taco Salad Lettuce, Tomato & Cheese Refried Beans Spanish Rice Salsa Mandarin Oranges Milk	11 Grilled Cheese Fruit & Juice ----- Chicken & Noodles Broccoli Parmesan Honey Carrot Coins Cornbread Pineapple Milk Scooby Bones	12 Sausage Biscuit Fruit & Juice ----- Flatbread Pizza Corn Caesar Salad w/Croutons & Ranch Fruit Cocktail Milk Rice Crispy Bars
15 HOLIDAY	16 MVP Breakfast & String Cheese, Fruit & Juice ----- Chicken Nuggets Cheesy Potatoes Green Beans WG Hot Roll Fruit Cocktail Milk	17 Chicken Slider Fruit & Juice ----- School Made Pizza Steamed Corn Broccoli Parmesan Pears Milk Scooby Bones Pudding Cup	18 Fruit & Yogurt Parfait Fruit & Juice ----- Vegetable Beef Soup Toasted Cheese Sandwich Carrot Sticks w/Dip Caesar Salad Apple Crisp Milk Mandarin Oranges	19 Pancakes Fruit & Juice ----- Hot Dog Baked Beans Quick Baked Potato Chex Mix Milk Applesauce
22 Pancake/Sausage Minis Fruit & Juice ----- Cheeseburger on WG Bun Lettuce & Tomato Pork and Beans Baked Oven Fries Pears Milk	23 Breakfast Bread & Yogurt Fruit & Juice ----- Chicken Teriyaki Nuggets Mashed Potatoes Honey Carrot Coins WG Hot Roll Peaches Milk Sherbet	24 Chocolate Muffin/String Cheese Fruit & Juice ----- Beefaroni Caesar Salad w/ Croutons California Blend Cheese Breadstick Applesauce Milk Chex Mix	25 Breakfast Pizza Fruit & Juice ----- Breakfast for Lunch Sausage Eggs Biscuit Warm Apples Diced Potatoes Salsa Milk Fruit Smoothie	26 Breakfast Pastry/String Cheese Fruit & Juice ----- Pepperoni Roll Broccoli Parmesan Steamed Corn Applesauce Milk Yogurt Scooby Bones
29 Waffles Fruit & Juice ----- Fish Sticks Macaroni & Cheese Pinto Beans Cornbread Cole Slaw Pears Milk	30 Egg Biscuit Fruit & Juice ----- Chili w/ Beans Grilled Cheese Sandwich Crackers Caesar Salad Baked Potato w/Margarine Milk Jello Fruit Cocktail	31 Fruit & Yogurt Parfait Fruit & Juice ----- French Bread Pizza Broccoli Parmesan Steamed Corn Peaches Milk Yogurt WG Chocolate Chip Cookie	**** Breakfast choices include fresh fruit, fruit juice, milk, yogurt and cereal.	**** Lunch choices include milk, fresh fruits and vegetables on the salad bar.

MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."