

JANUARY



Wyoming County Schools Pre-K - 8th Menu January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Grilled Cheese Sandwich Beef Vegetable Soup Crackers Broccoli Peach Cup Milk	3 FISH HUSHPUPPIES MACARONI AND CHEESE PINTO BEANS Kale Fruit Milk	4 Pig In Blanket CONDIMENTS Tomato Soup Sweet Potato Fries Apple, Fresh Milk	5 CHICKEN CASSEROLE Whole Wheat Roll BUTTER CARROT STICKS Dressing, Low Calorie Tossed Salad Green Beans Fresh Fruit Milk
8 Western Chili Beans Cornbread BUTTER Crackers Tossed Salad Dressing, Low Calorie Red Parsley Potatoes Fresh Fruit Milk	9 Lasagna Whole Wheat Roll BUTTER Tossed Salad Peas Fresh Fruit Milk	10 Hot Dog W/Chili Cole Slaw Sweet Potato Fries BAKED BEANS Baby Carrots Fresh Fruit Milk	11 Chicken Caesar Salad Bosco's Cheesy Breadstick Tomato Parmesan Baked Potato Fresh Fruit Milk	12 Meatloaf Whole Wheat Roll BUTTER POTATOES AU GRATIN Green Beans Peaches Milk
15 NO SCHOOL	16 Pepperoni Pizza CAESAR SALAD Corn Baby Carrots Apple Crisp Milk	17 BISCUIT & GRAVY Sausage Patty Scrambled Eggs Hash Brown Potatoes TOMATO JUICE Strawberries Milk	18 SOUTHWESTERN RANCH CHICKEN Whole Wheat Roll BUTTER Strawberry Spinach Salad Green Beans Red Grapes Milk	19 Country Fried Steak Whole Wheat Roll BUTTER Mashed Potatoes Green Beans Baby Carrots Pears Milk
22 Cheeseburger on WW Bun CONDIMENTS Lettuce & Tomato BAKED BEANS Sweet Potato Fries Fresh Fruit Milk	23 Pepperoni Roll Tossed Salad Dressing, Low Calorie Corn Applesauce Milk	24 Dorito Taco Salad MARINATED BLACK BEAN SALAD Salsa Green Beans *Spanish Rice CHOCOLATE CHIP COOKIES Fresh Fruit Milk	25 Chicken Nuggets Whole Wheat Bread Sticks Tossed Salad Dressing, Low Calorie Potato Wedges Cherry Tomatoes Fresh Fruit Milk	26 STROMBOLI WITH TOMATO SAUCE Baked Cheetos Tossed Salad Dressing, Low Calorie Green Beans CARROT STICKS Peach Cup Milk
29 Spaghetti Whole Wheat Roll BUTTER Tossed Salad Dressing, Low Calorie Green Beans Fresh Fruit Milk	30 Waffles SYRUP, PANCAKE Sausage Patty Scrambled Eggs sliced tomato Hash Brown Potatoes Strawberries Milk	31 Open Faced Turkey Sandwich Mashed Potatoes & Gravy Green Beans Baby Carrots Pears Milk		

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

JANUARY



Wyoming County Schools 9-12 Lunch January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Grilled Cheese Sandwich Beef Vegetable Soup Crackers Broccoli Pears Peach Cup Milk	3 FISH HUSHPUPIES MACARONI AND CHEESE PINTO BEANS Kale Applesauce MIXED FRUIT Milk	4 Pig In Blanket CONDIMENTS Tomato Soup Sweet Potato Fries Peach Cup Apple, Fresh Milk	5 Chicken Casserole Whole Wheat Roll BUTTER CARROT STICKS Dressing, Low Calorie Tossed Salad Green Beans Peaches Fresh Fruit Milk
8 Western Chili Beans Cornbread BUTTER Crackers Tossed Salad Dressing, Low Calorie Red Parsley Potatoes Applesauce Fresh Fruit Milk	9 Lasagna Whole Wheat Roll BUTTER Tossed Salad Peas Pears Fresh Fruit Milk	10 Hot Dog W/Chili Cole Slaw Sweet Potato Fries BAKED BEANS Baby Carrots Watermelon Fresh Fruit Milk	11 Chicken Caesar Salad Bosco's Cheesy Breadstick Tomato Parmesan Baked Potato Peach Cobbler Fresh Fruit Milk	12 Meatloaf WW Roll & BUTTER POTATOES AU GRATIN Green Beans ORANGE-PINEAPPLE GELATIN Peaches Milk
15 NO SCHOOL	16 Pepperoni Pizza CAESAR SALAD Corn Baby Carrots mandarin orange Apple Crisp Milk	17 BISCUIT & GRAVY Sausage Patty Scrambled Eggs Hash Brown Potatoes TOMATO JUICE Cantaloupe, Fresh Strawberries Milk	18 SOUTHWESTERN RANCH CHICKEN Whole Wheat Roll BUTTER Strawberry Spinach Salad Green Beans Pears Red Grapes Milk	19 Country Fried Steak Whole Wheat Roll BUTTER Mashed Potatoes Green Beans Baby Carrots Fresh Fruit Pears Milk
22 BEEF SHEPARD'S PIE ROLLS (YEAST) Carrots Green Beans Applesauce Fresh Fruit Milk	23 Pepperoni Roll Tossed Salad Dressing, Low Calorie BAKED BEANS Fresh Fruit Applesauce Milk	24 Dorito Taco Salad MARINATED BLACK BEAN SALAD Salsa Green Beans *Spanish Rice CHOCOLATE CHIP COOKIES Red Grapes Fresh Fruit Milk	25 Chicken Nuggets Whole Wheat Bread Sticks Tossed Salad Dressing, Low Calorie Potato Wedges Cherry Tomatoes APPLE COBBLER Fresh Fruit Milk	26 STROMBOLI Baked Cheetos Tossed Salad Dressing, Low Calorie Green Beans CARROT STICKS Fresh Fruit Peach Cup Milk
29 Spaghetti Whole Wheat Roll BUTTER Tossed Salad Dressing, Low Calorie Green Beans Pineapple Fresh Fruit Milk	30 Waffles SYRUP, PANCAKE Sausage Patty Scrambled Eggs sliced tomato Hash Brown Potatoes F/V 1/2 cup Strawberries Milk	31 Open Faced Turkey Sandwich Mashed Potatoes & Gravy Green Beans Baby Carrots Fresh Fruit Pears Milk	"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"	



January 2018 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Pancake/Sausage Stick Dry Cereal, Variety Applesauce Juice Milk ***** FRENCH TOAST STICKS	3 Homemade Cinnamon Roll Dry Cereal, Variety Peaches Juice Milk ***** Chicken Biscuit	4 Whole Wheat Toast Scrambled Eggs Dry Cereal, Variety Pears Juice Milk ***** Apple Frudel	5 Breakfast Pizza Dry Cereal, Variety *Apple Slices Juice Milk ***** Choc Chip Breakfast Bar
8 Waffles SYRUP, PANCAKE Dry Cereal, Variety BANANA Juice Milk ***** Strawberry Pop-Tart Moz. Cheese Stick	9 Fruit Smoothies Honey Roasted Sunflower Seeds Dry Cereal, Variety Fresh Fruit Juice Milk ***** Cinnamon Toast Crunch Bar Yogurt	10 BISCUIT & GRAVY Dry Cereal, Variety Apples w/Cinnamon Juice Milk ***** Banana Bread Squares	11 Egg & Cheese Omelet Whole Wheat Toast Dry Cereal, Variety Fresh Fruit Juice Milk ***** BROWNIE MUFFIN Yogurt	12 Sausage Biscuit Dry Cereal, Variety Fresh Fruit Juice Milk ***** Mini Cinnis Rolls
15 NO SCHOOL	16 STRAWBERRY PARFAIT GRANOLA Dry Cereal, Variety Fresh Fruit Juice Milk ***** Blueberry Breakfast Crackers Yogurt	17 BISCUIT W/JELLY Egg, Boiled Dry Cereal, Variety Fresh Fruit Juice Milk ***** Bosco Apple Stick	18 BREAKFAST BURRITO Dry Cereal, Variety Fresh Fruit Juice Milk ***** Breakfast Bar Cherrios Strawberry *Cheese Stick	19 Fruit Smoothies GRANOLA Dry Cereal, Variety Fresh Fruit Juice Milk ***** ZUCCHINI BREAKFAST BREAD
22 Pancakes SYRUP, PANCAKE Dry Cereal, Variety Fresh Fruit Juice Milk ***** Bagel, Cinnamon, Mini	23 Bagel w/Cream Cheese & Jelly Egg Patty Dry Cereal, Variety Fresh Fruit Juice Milk ***** BLUEBERRY MUFFIN Moz. Cheese Stick	24 Ham Biscuit Dry Cereal, Variety Fresh Fruit Juice Milk ***** Maple Mini Pancakes	25 Cheese Toast Dry Cereal, Variety Fresh Fruit Juice Milk ***** Pancake/Sausage Stick	26 BISCUIT & GRAVY Dry Cereal, Variety Apples w/Cinnamon Juice Milk ***** Oatmeal Raisin Bar
29 French Toast Sticks Syrup Dry Cereal, Variety Peaches Juice Milk ***** Pop Tarts - Fudge Yogurt	30 Blueberry Parfait *Cheese Stick Dry Cereal, Variety Pears Juice Milk ***** Cocoa Puffs Cereal Bar Yogurt	31 Hot Oatmeal Whole Wheat Toast Dry Cereal, Variety Applesauce Juice Milk ***** Breakfast Pizza		

"This Institution is an Equal Opportunity Provider"