

KJANUARY 2019 HIGH SCHOOL BREAKFAST AND LUNCH MENU

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| <p>Grab and Go Options</p> <p><i>PBJ Pack Yogurt Pack Chef Salad</i></p> | <p>LUNCH FRUIT AND VEGGIE BAR OFFERED DAILY</p> <p>Unlimited fruits and vegetables and choice of white or chocolate skim milk available daily.</p> <p>Each student is required to have ½ cup of fruit or vegetable on their tray.</p> |  | <p>3 Breakfast: Omelette w/ Toast</p> <p>Pork Tenderloin <i>Alt: Taco Salad</i> Broccoli w/ Cheese Sauce</p> | <p>4 Breakfast: Long John</p> <p>Corndog <i>Alt: Mr. Rib</i> French Fries Fresh Baked Cookie</p> |
| <p>7 Breakfast: Pancake Sausage Stick</p> <p>Popcorn Chicken <i>Alt: Beef and Noodles</i> Mashed Potatoes Homemade Bread</p> | <p>8 Breakfast: Breakfast Pizza</p> <p>BBQ Pulled Pork on a Bun <i>Alt: Breakfast Sandwich</i> Tri Tator</p> | <p>9 Breakfast: Breakfast Sandwich</p> <p>Pizza Crunchers w/ Marinara Sauce <i>Alt: Potato Bacon Soup w/ Breadstick</i> Corn Jello</p> | <p>10 Breakfast: Pancakes</p> <p>Chili <i>Alt: Baked Potato w/ Ham and Cheese Sauce</i> Fresh Melon Cinnamon Roll</p> | <p>11 Breakfast: Mini Donuts</p> <p>Walking Taco <i>Alt: Crispy Chicken on a Bun</i> Sweet Potato Puffs Churro</p> |
| <p>14 Breakfast: Breakfast Slider</p> <p>Orange Chicken w/ Rice <i>Alt: Bosco Cheese Sticks</i> Oven Roasted Veggies Fresh Baked Cookie</p> | <p>15 Breakfast: Sausage Gravy w Biscuit</p> <p>Hamburger <i>Alt: Taco Pizza</i> Potato Salad Baked Beans</p> | <p>16 Breakfast: Mini Cinni</p> <p>Tomato Soup Toasted Cheese <i>Alt: Meatball Sub</i> Fruit Cup</p> | <p>17 Omelet w/ Toast</p> <p>Pasta w/ Meat Sauce <i>Alt: Pasta w/ Chicken Alfredo Sauce</i> Caesar Salad Garlic Twist Breadsticks</p> | <p>18 Breakfast: Long John</p> <p>Grilled Chicken on a Bun <i>Alt: French Dip Sandwich</i> Tator Tot Homemade Peach Crisp</p> |
| <p>21 Breakfast: Pancake Sausage Stick</p> <p>Chicken Tenders <i>Alt: Fish Sandwich</i> Cheesy Hashbrowns Homemade Bread</p> | <p>22 Breakfast: Breakfast Pizza</p> <p>Creamy Mac and Cheese Shrimp Poppers <i>Alt: Beefburger</i> Seasoned Peas Trail Mix</p> | <p>23 2 Hour Late Start No Breakfast</p> <p>Personal Pizza <i>Alt: Beef Pot Pie</i> Corn/Spinach Salad Sherbet</p> | <p>24 Breakfast: Pancakes</p> <p>Hot Dog/Chili Dog <i>Alt: Cook's Choice</i> SunChips Brownie</p> | <p>25 Breakfast: Mini Donuts</p> <p>Crispito <i>Alt: Hot Ham and Cheese</i> Taco Toppings/Tortilla Chips Refried Beans Peanut Butter Crunch Bar</p> |
| <p>28 Breakfast: Breakfast Slider</p> <p>General Tso w/ Rice <i>Alt: Cheesy Flatbread</i> Stir Fry Veggies Angel Food Cake w/ Strawberries</p> | <p>29 Breakfast: Sausage Gravy w/ Biscuit</p> <p>Flying Saucer (Ham, Mashed Potatoes, Cheese Sauce) <i>Alt: Chicken Ranch Pizza</i> Fresh Baked Biscuit w/ Jelly</p> | <p>30 Breakfast: Mini Cinni</p> <p>Italian Dunkers w/ Meat Sauce <i>Alt: Philly Steak</i> Onions and Pepper Stir Fry</p> | <p>31 Breakfast: Omelet w/ Toast</p> <p>French Toast Sticks Omelet <i>Alt: Cook's Choice</i> Fresh Melon Muffin</p> | |

Alternate menu items are available for students in grades 4th-12th. Fruit and/or vegetable selections and low-fat milk are included with each meal. Nutritional analysis of menus is available by contacting: Terri Cook, Food Service Director @ 827-5418 or e-mail: terri_cook@s-hamilton.k12.ia.us PLEASE BE AWARE THAT THE MENU MAY CHANGE AT ANY TIME DUE TO AVAILABILITY OF PRODUCT Please visit <http://southhamiltonschoolfoodservice.weebly.com/> for any menu changes

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