

Free/Reduced meal applications are available throughout the year.

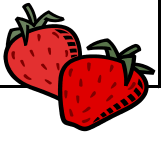
**CLARKSTON SCHOOL DISTRICT
Food Service Department**

This institution is an equal opportunity provider and employer
Menu may change as needed

WEEKLY MENU



2 WEEK CYCLE BREAKFAST MENU

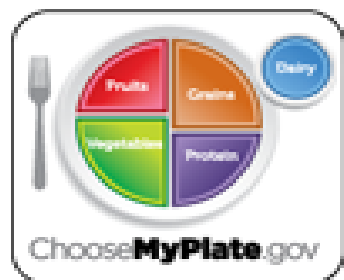
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks or Cereal Scrambled Eggs w/Cheese Fruit and Juice Syrup Milk Choices (1-7, 1-21,)	Pancakes or Cereal Sun Butter Fruit and Juice Syrup Milk Choices	English Muffin Sausage Patty Fruit and Juice Milk Choices	Cereal Bar Cheese Stick Fruit and Juice Milk Choices	Cinnamon Roll Yogurt Fruit and Juice Milk Choices
Waffle or Cereal Cheese Stick Fruit and Juice Syrup Milk Choices(1-14, 1-28)	Bagel Egg Omelet Fruit and Juice Milk Choices	Biscuit w/ Sausage Gravy or Jelly Fruit and Juice Milk Choices	Muffin or Cereal Egg Patty Fruit and Juice Milk Choices	Fruit and Yogurt Parfait (Strawberries, Blueberries, Granola & Vanilla Yogurt) Cereal & Juice Milk Choices



**Breakfast on 1/3 and 1/4 will be Muffin, Cheese Stick, Cereal, Fruit, Juice and Milk.

JANUARY, 2019 - LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.	 		3 Cheesy Bread Tomato Soup Green Beans Applesauce Cup Milk Choices	4 Italian Meatball Sub Mozzarella Cheese Seasoned Corn Mixed Fruit Milk Choices
7 Pizza Veggie Tray Pineapple Tidbits Brownie Milk Choices	8 Hot Dog on a Bun Baked Beans Broccoli Florets w/Dip Apricots Milk Choices	9 Spaghetti w/Meat Sauce Green Beans Chilled Peaches Fresh Baked Breadstick Milk Choices	10 Teriyaki Beef Dippers Baked Potato Seasoned Carrots Fruit Cup Fresh Baked Roll Milk Choices	11 BBQ Chicken on Flatbread Corn on the Cob Creamy Coleslaw Orange Wedges Milk Choices
14 Chicken Alfredo Seasoned Peas Garbanzo Bean Salad Apple Slices Milk Choices	15 Cheeseburger Baked Beans Tossed Salad Mixed Fruit Salad Milk Choices	16 Sloppy Joe Steamed Broccoli Fresh Fruit Fruit Crisp Milk Choices	17 Turkey Gravy & Potatoes Seasoned Carrots Fruit Cup Fresh Baked Roll Milk Choices	18 Pancakes Egg Omelet Celery&Carrots Strawberries Sunbutter Milk Choices
21 No School	22 Chicken Nuggets Parmesan Noodles Marinara Dipping Sauce Seasoned Peas Apple slices Milk Choices	23 Pepperoni&Cheese Ripper Broccoli & Sweet Red Peppers w/Dip Blueberries Milk Choices	24 Chicken Burger Lettuce/Tomato Baked Fries Fresh Fruit Milk Choices	25 Super Nachos Refried Beans Chilled Pears Salsa/NF Sour Cream Milk Choices
28 Stuffed Pizza Veggie Tray Pineapple Tidbits Juice Milk choices	29 Chicken Soft Taco Brown Rice Diced Tomatoes/Lettuce Salsa/Sour Cream Raisels Milk Choices	30 Lentil Chili & Chips Cheese/Sour Cream Cucumbers Fresh Pear Cookie Milk Choices	31 Cheesy Toast Tomato Soup Green Beans Banana Milk Choices	1 Orange Chicken Noodle Chow Mein Veggie Tray Mandarin Oranges Milk Choices



NO SCHOOL - JANUARY 21, MARTIN LUTHER KING DAY

*Schools with salad bars will have the same entrée, but may have different fruit and vegetable options

**All grain products are whole grain rich.

LMS - Deli Sandwich available daily.



Milk Choices May Include:
 1% White, Non-Fat Chocolate,
 and Non-Fat Strawberry

CELEBRATE BREAKFAST!!! EAT BREAKFAST AT SCHOOL FOR A VARIETY OF CHOICES.