

CASSVILLE PUBLIC SCHOOLS

January 2018 Breakfast and Lunch Menu

Meals also will include -

Breakfast: Fruit, juice, and milk

Lunch: Bread item (if not in the meal), lettuce, relishes, dressing and milk

Wednesday, January 3

Pancake on a stick (H.S.)
Trix Cereal Bar
Cheese Stick
Craisins, Applesauce

Corn Dogs
Baked Beans
Hot Apples

Thursday, January 4

Berry Granola Bar
Yogurt, Banana

Chicken Fajita Wraps
Broccoli
Pineapple

Friday, January 5

Raised Donut (H.S.)
Honey Oat
Goldfish Crackers
Cheese Stick
Grapes

Pizza Dippers
Marinara Sauce
Corn
Blueberries

Monday, January 8

Buffalo Chicken Wrap (H.S.)
Bug Bites
Yogurt
Apple Slices
Chicken Nuggets
Koos Koos
Carrots
Breadstick, Pears

Tuesday, January 9

Fudge Pop Tart
Cheese Stick
Pineapple
Tacos
Refried Beans
Strawberry Cups

Wednesday, January 10

Breakfast Pizza (H.S.)
Scooby Grahams
Yogurt, Banana

Meatball Subs
Green Beans, Slushies
 pudding Cup

Thursday, January 11

Maple Granola Bar
Cheese Stick, Strawberries

Chicken Patty
Mashed Potatoes w/gravy
Corn, Peaches

Friday, January 12

Cherry Frudel (H.S.)
Pretzels
Peanut Butter cup
Grapes
Toasted Cheese Sandwich
Cheese Stick
Peas, Craisins

Monday, January 15

Sausage Egg
Sandwich (H.S.)
Strawberry Cherio Bar
Yogurt
Craisins, Applesauce

Hot Ham & Cheese
on a bun, Potato Cubes
Corn, Pears

Tuesday, January 16

Animal Crackers
Cheese Stick, Pineapple
Orange Chicken
Rotini Noodles
Breadstick, Peas
Blueberries

Wednesday, January 17

Mini Waffles (H.S.)
Cheddar Goldfish Crackers
Yogurt, Banana
Corn Dogs, Baked Beans
Mixed Fruit

Thursday, January 18

Coco Krispie Granola Bar
Cheese Stick
Strawberries

Pork Fritter on a Bun
Cheesy Potatoes
Green Beans, Peaches

Friday, January 19

Berry Bread
Grapes

Pizza
Carrots, Applesauce

Monday, January 22

Mini-Maple Pancakes (H.S.)
Apple Nutri Grain Bar
Cheese Stick
Apple Slices

Lasagna Dinner
Corn, Garlic Bread
Peaches

Tuesday, January 23

Coco Puff Cereal Bar
Yogurt, Pineapple

Walking Tacos
Refried Beans
Pears

Wednesday, January 24

Toast and Sausage (H.S.)
Cheez-its
Cheese Stick
Banana

Fish Sticks
Yams, Peas
Slushie
Scooby Grahams

Thursday, January 25

Animal Crackers
Yogurt
Strawberries

Egg Patty
Maple Pancakes
Hash Browns
Applesauce

Friday, January 26

Hot Pocket (H.S.)
Strawberry Pop Tart
Cheese Stick, Grapes

Grilled Chicken Breast
Chicken Flavored Rice
Carrots
Mixed Fruit

Monday, January 29

French Toast (H.S.)
Apple Nutri Grain Bar
Yogurt
Craisins, Applesauce

Ravioli
Garlic Bread
Corn, Cranberries

Tuesday, January 30

Cheddar Goldfish Crackers
Cheese Stick, Pineapple
Hot Beef and Cheese
on a Bun
Cheesy Potatoes
Carrots, Mandarin Oranges

Wednesday, January 31

Assorted Muffins (2)
Banana

Sausage Patty
Maple Waffles
Applesauce

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