

# CASSVILLE PUBLIC SCHOOLS

## January 2019 Breakfast and Lunch Menu

Meals also will include -

**Breakfast: Fruit, juice, and milk**

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

### Thursday, January 3

Cocoa Puff Cereal Bar (H.S.)  
Strawberry Cheerio Bar  
(Elem.)  
Cereal, Applesauce  
Craisins

Toasted Cheese Sandwich  
Cheese Stick, Tomato Soup  
Peaches

### Friday, January 4

Apple Nutri-Grain Bar  
Yogurt, Strawberries

Chicken Nuggets  
Chicken Flavored Rice  
Green Beans, Strawberries

### Monday, January 7

Breakfast Pizza (H.S.)  
Cinnamon Toast Cereal  
Bar (Elem.)  
Cheese Stick  
Applesauce, Craisins

Orange Chicken  
Rice, Green Beans  
Garlic Bread, Pineapple

### Tuesday, January 8

Goldfish Crackers  
Yogurt, Grapes  
Tacos, Refried Beans  
Blueberries

### Wednesday, January 9

Graham Crackers  
Cheese Stick, Banana  
Chicken Patty  
Mashed Potatoes w/gravy  
Corn, Dinner Roll  
Peaches

### Thursday, January 10

Banana Bread  
Apple Slices  
Cheese Quesadilla  
Peas, Mixed Fruit

### Friday, January 11

Raised Donut (H.S.)  
Pretzel, Peanut Butter  
(Elem.)  
Strawberries  
BBQ Pork, Bun

Cheesy Potatoes  
Carrots, Applesauce

### Monday, January 14

Strawberry Nutri Grain Bar  
Cheese Stick  
Applesauce, Craisins

Chicken and gravy  
Mashed Potatoes  
Corn, Dinner Roll  
Peaches  
Scooby Graham Crackers

### Tuesday, January 15

Fudge Pop-Tart (H.S.)  
Strawberry Pop-Tart  
(Elem.)  
Grapes, Yogurt

Corn Dogs  
Baked Beans  
Mandarin Oranges

### Wednesday, January 16

Bug Bites  
Cereal, Banana  
Teriyaki Chicken  
Rice, Green Beans  
Breadstick, Pears

### Thursday, January 17

Scooby Grahams  
Cereal, Apple Slices  
Chili Wrap  
Carrots, Mixed Fruit

### Friday, January 18

Cheez It  
Cereal, Strawberries  
Turkey Sub  
Slushies, Pudding Cup

### Monday, January 21

Maple Pancakes (H.S.)  
Golden Graham Cereal  
Bar (Elem.)  
Cheese Stick  
Applesauce, Craisins

Chicken Nuggets  
Koos Koos  
Peas, Pineapple

### Tuesday, January 22

Animal Crackers  
Yogurt, Grapes  
Sausage Patty  
Hash Browns  
Muffin, Applesauce  
Scooby Graham Crackers

### Wednesday, January 23

Golden Grahams Grab/Go  
Cereal, Banana  
Chicken Patty  
Cheesy Potatoes  
Green Beans  
Mandarin Oranges

### Thursday, January 24

Apple Nutri Grain Bar  
Cheese Stick, Apple Slices  
Pizza Dippers  
Marinara Sauce  
Carrots, Peaches

### Friday, January 25

Breakfast Breadstick (H.S.)  
Banana Muffin (Elem.)  
Cheese Stick, Strawberries  
Hot Dog, Bun  
Baked Beans, Pears

### Monday, January 28

Strawberry Nutri Grain Bar  
Yogurt  
Applesauce, Craisins  
Pizza  
Peas and Carrots, Pineapple

### Tuesday, January 29

Uncrustable (H.S.)  
Blueberry Nutri Grain Bar  
(Elem.)  
Cheese Stick, Grapes

Sausage Patty  
Hash Browns  
Muffin, Applesauce  
Goldfish Crackers

### Wednesday, January 30

Powdered Donut (H.S.)  
Goldfish Crackers (Elem.)  
Cereal, Banana

Turkey and Ham Sub  
Slushie, Pudding Cup

### Thursday, January 31

Golden Graham Cereal Bar  
Yogurt, Apple Slices  
Hamburger gravy over  
Mashed Potatoes  
Dinner Roll  
Peas, Peaches

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