

January 2019

Garrett County Board of Education—Food & Nutrition Elementary Breakfast & Lunch Menu

Mon	Tue	Wed	Thu	Fri
	1 SCHOOLS CLOSED WINTER BREAK	2 <u>Breakfast For Lunch</u> Pancakes & Sausage Patties or Turkey & Cheese Sandwich or Chicken Nuggets Tater Tots Applesauce Cup Juice Cup Milk French Toast Sticks, Cereal, Applesauce Cup, Orange Juice, Milk	3 French Bread Pizza or Turkey & Cheese Sandwich or Corn Dog Broccoli Peaches Italian Ice Milk Sausage Biscuit, Cereal, Banana, Orange Pineapple Juice, Milk	4 BBQ or Turkey & Cheese Sandwich or Pepperoni Panini French Fries Orange Wedges Baked Beans Milk Yogurt Parfait, Cereal, Strawberry Cup, Apple Juice, Milk
7 Popcorn Shrimp or Ham & Cheese Sandwich or Chicken Patty Sweet Potato Waffle Fries Pears Green Beans Milk Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk	8 BBQ Chicken or Ham & Cheese Sandwich or Pizza Mashed Potatoes Pineapple Mixed Vegetables Milk Breakfast Pizza, Cereal, Peach Cup, Fruit Juice, Milk	9 Macaroni & Cheese or Ham & Cheese Sandwich or Chicken Nuggets Peas Peaches Roasted Garbanzo Beans Milk Cinnamon Roll, Cereal, Pear Cup, Orange Pineapple Juice, Milk	10 Cheese Sticks w/Marina Sauce or Ham & Cheese Sandwich or Corn Dog Broccoli Orange Wedges Carrots Milk Breakfast Bites, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk	11 Hamburger or Ham & Cheese Sandwich or Pepperoni Panini French Fries Italian Ice Corn Milk Egg & Cheese Biscuit, Cereal, Orange Wedges, Apple Juice, Milk
14 Rib Patty or Yogurt w/String Cheese or Chicken Patty Mixed Vegetables Peaches French Fries Milk Muffin, Cereal, Raisins, Grape Juice, Milk	15 Chicken Noodle Soup or Yogurt w/String Cheese or Pizza Grilled Cheese Sandwich Broccoli Pineapple Churro Milk Waffles, Cereal, Applesauce Cup, Orange Juice, Milk	16 Nachos Grande or Yogurt w/String Cheese or Chicken Nuggets Tossed Salad Strawberry Applesauce Cup Corn Milk Whole Grain Donut, Cereal, Banana, Fruit Juice, Milk	17 Mozzarella Sticks w/Sauce or Yogurt w/String Cheese or Corn Dog Carrot Sticks Pears Brownie Milk Sausage Biscuit, Cereal, Peach Cup, Orange Pineapple Juice, Milk	18 Sloppy Joe or Yogurt w/String Cheese or Pepperoni Panini Oven Roasted Potatoes Mixed Fruit Baked Beans Milk Yogurt, Cereal, Mandarin Orange Cup, Apple Juice, Milk
21 SCHOOLS CLOSED MARTIN LUTHER KING, JR. DAY	22 Hot Dog or Lunchable or Pizza Broccoli Peaches Baked Beans Milk Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk	23 Chicken Fajita or Lunchable or Chicken Nuggets Tossed Salad Applesauce Refried Beans Milk Cinnamon Roll, Cereal, Peach Cup, Orange Pineapple Juice, Milk	24 Beef Ravioli or Lunchable or Corn Dog Carrots Pears Ice Cream Cup Milk Pancakes, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk	25 <u>Breakfast For Lunch</u> Waffles & Sausage Patties or Lunchable or Pepperoni Panini Tater Tots Mixed Fruit Orange Wedges Milk Whole Grain Blueberry Mini Loaf, Cereal, Orange Wedges, Apple Juice, Milk
28 Popcorn Shrimp or Grilled Cheese Sandwich or Chicken Patty Sweet Potato Waffle Fries Pears Green Beans Milk Muffin, Cereal, Raisins, Grape Juice, Milk	29 BBQ Chicken or Grilled Cheese Sandwich or Pizza Koos Koos Orange Wedges Mixed Vegetables Milk Breakfast Burrito, Cereal, Applesauce Cup, Orange Juice, Milk	30 Macaroni & Cheese or Grilled Cheese Sandwich or Chicken Nuggets Peas Peaches Roasted Garbanzo Beans Milk French Toast Sticks, Cereal, Banana, Fruit Juice, Milk	31 Chicken Chunks or Grilled Cheese Sandwich or Corn Dog Broccoli Pineapple Carrot Sticks Milk Sausage Biscuit, Cereal, Mandarin Orange Cup, Orange Pineapple Juice, Milk	