

# January 2019

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

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