

February 2019

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

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>Spaghetti or Grilled Cheese Sandwich or Pepperoni Panini</p> <p>Tossed Salad</p> <p>Mixed Fruit</p> <p>Corn</p> <p>Milk</p> <p>Yogurt, Cereal, Strawberry Cup, Apple Juice, Milk</p>
<p>4</p> <p>Rib Patty or Turkey & Cheese Sandwich or Chicken Patty</p> <p>Mixed Vegetables</p> <p>Pears</p> <p>French Fries</p> <p>Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>	<p>5</p> <p>Fish or Turkey & Cheese Sandwich or Pizza</p> <p>Koos Koos</p> <p>Banana</p> <p>Broccoli</p> <p>Milk</p> <p>Breakfast Pizza, Cereal, Pear Cup, Fruit Juice, Milk</p>	<p>6</p> <p>Nachos Grande or Turkey & Cheese Sandwich or Chicken Nuggets</p> <p>Corn</p> <p>Strawberry Applesauce</p> <p>Tossed Salad</p> <p>Milk</p> <p>Cinnamon Roll, Cereal, Applesauce Cup, Grape Juice, Milk</p>	<p>7</p> <p>Chili & Peanut Butter or Turkey & Cheese Sandwich or Corn Dog</p> <p>Carrots</p> <p>Peaches</p> <p>Chocolate Chip Cookie</p> <p>Milk</p> <p>Breakfast Bites, Cereal, Applesauce Cup, Grape Juice, Milk</p>	<p>8</p> <p>Hamburger or Turkey & Cheese Sandwich or Pepperoni Panini</p> <p>Baked Beans</p> <p>Oven Roasted Potatoes</p> <p>Mixed Fruit</p> <p>Milk</p> <p>Egg & Cheese Biscuit, Cereal, Orange Wedges, Apple Juice, Milk</p>
<p>11</p> <p>Grilled Cheese or Turkey & Cheese Sandwich or Chicken Patty</p> <p>Broccoli</p> <p>Peaches</p> <p>Tomato Soup</p> <p>Milk</p> <p>Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>12</p> <p>Chicken Fajita or Turkey & Cheese Sandwich or Pizza</p> <p>Tossed Salad</p> <p>Pears</p> <p>Frozen Fruit Cup</p> <p>Milk</p> <p>French Toast Sticks, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>13</p> <p><u>Breakfast For Lunch</u></p> <p>Pancakes & Sausage Patties or Turkey & Cheese Sandwich or Chicken Nuggets</p> <p>Tater Tots</p> <p>Applesauce Cup</p> <p>Juice Cup</p> <p>Milk</p> <p>Sausage Biscuit, Cereal, Banana, Fruit Juice, Milk</p>	<p>14</p> <p>French Bread Pizza or Turkey & Cheese Sandwich or Corn Dog</p> <p>Tossed Salad</p> <p>Orange Wedges</p> <p>Corn</p> <p>Milk</p> <p>Yogurt, Cereal, Mandarin Orange Cup, Orange Pineapple Juice, Milk</p>	<p>15</p> <p>Hot Dog or Turkey & Cheese Sandwich or Pepperoni Panini</p> <p>French Fries</p> <p>Mixed Fruit</p> <p>Baked Beans</p> <p>Milk</p> <p>Nutri-Grain Bar, Cereal, Peach Cup, Apple Juice, Milk</p>
<p>18</p> <p>Fish or Ham & Cheese Sandwich or Chicken Patty</p> <p>Sweet Potato Tots</p> <p>Pears</p> <p>Mixed Vegetables</p> <p>Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>	<p>19</p> <p>Breaded Chicken or Ham & Cheese Sandwich or Pizza</p> <p>Mashed Potatoes</p> <p>Pineapple</p> <p>Green Beans</p> <p>Milk</p> <p>Breakfast Pizza, Cereal, Peach Cup, Fruit Juice, Milk</p>	<p>20</p> <p>Macaroni & Cheese or Ham & Cheese Sandwich or Chicken Nuggets</p> <p>Peas</p> <p>Peaches</p> <p>Roasted Garbanzo Beans</p> <p>Milk</p> <p>Cinnamon Roll, Cereal, Pear Cup, Fruit Juice, Milk</p>	<p>21</p> <p>Cheese Sticks w/Marina Sauce or Ham & Cheese Sandwich or Corn Dog</p> <p>Broccoli</p> <p>Orange Wedges</p> <p>French Fries</p> <p>Milk</p> <p>Breakfast Bites, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk</p>	<p>22</p> <p>Frito Pie Salad w/Black Bean & Corn Salsa or Ham & Cheese Sandwich or Pepperoni Panini</p> <p>Carrot Sticks</p> <p>Applesauce</p> <p>Italian Ice</p> <p>Milk</p> <p>Egg & Cheese Biscuit, Cereal, Orange Wedges, Apple Juice, Milk</p>
<p>25</p> <p>Rib Patty or Yogurt w/String Cheese or Chicken Patty</p> <p>Mixed Vegetables</p> <p>Peaches</p> <p>French Fries</p> <p>Milk</p> <p>Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>26</p> <p>Chicken Noodle Soup</p> <p>Grilled Cheese Sandwich or Yogurt w/String Cheese or Pizza</p> <p>Broccoli</p> <p>Pineapple</p> <p>Churro</p> <p>Milk</p> <p>Waffles, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>27</p> <p>Nachos Grande or Yogurt w/String Cheese or Chicken Nuggets</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>28</p> <p>Mozzarella Sticks w/Sauce or Yogurt w/String Cheese or Corn Dog</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>	