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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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</table>
| 3 Grilled Cheese Sandwich  
  Mixed Vegetables  
  Pineapple  
  Tomato Soup  
  Milk  
  Banana Muffin, Cereal, Mixed  
  Fruit Cup, Orange Juice, Milk   | 4 Chicken Fajita  
  Tossed Salad  
  Applesauce  
  Corn  
  Milk  
  Breakfast Pizza, Cereal, Pear Cup,  
  Fruit Juice, Milk   | 5 Hog Dog  
  Broccoli  
  Peaches  
  Baked Beans  
  Milk  
  Cinnamon Roll, Cereal,  
  Strawberry Applesauce Cup,  
  Orange Pineapple Juice, Milk   | 6 Beef Ravioli  
  Cheese Stick  
  Carrot Sticks  
  Pears  
  Ice Cream Cup  
  Milk  
  Pancakes, Cereal, Peach Cup,  
  Grape Juice, Milk   | 7 Breakfast for Lunch  
  Waffles & Sausage Patties  
  Tater Tots  
  Mixed Fruit  
  Orange Wedges  
  Milk  
  Cereal Bar, Cereal, Orange  
  Wedges, Apple Juice, Milk   |
| 10 Popcorn Shrimp  
  Sweet Potato Tots  
  Pears  
  Mixed Vegetables  
  Milk  
  Double Chocolate Whole Grain  
  Muffin, Cereal, Raisins, Grape  
  Juice, Milk   | 11 BBQ Chicken  
  Mashed Potatoes  
  Pineapple  
  Green Beans  
  Milk  
  French Toast Sticks, Cereal,  
  Applesauce Cup, Orange Juice,  
  Milk   | 12 Pepperoni Panini  
  Broccoli  
  Orange Wedges  
  Carrot Sticks  
  Milk  
  Cereal Bar, Cereal, Banana, Fruit  
  Juice, Milk   | 13 Macaroni & Cheese  
  Peas  
  Peaches  
  Roasted Garbanzo Beans  
  Milk  
  Sausage Biscuit, Cereal, Mandarin  
  Orange Cup, Orange Pineapple  
  Juice, Milk   | 14 Spaghetti  
  Tossed Salad  
  Mixed Fruit  
  Corn  
  Milk  
  Yogurt, Cereal, Peach Cup, Apple  
  Juice, Milk   |
| 17 Chicken Patty  
  Mixed Vegetables  
  Pears  
  French Fries  
  Milk  
  Banana Muffin, Cereal, Mixed  
  Fruit Cup, Orange Juice, Milk   | 18 Baked Ham  
  Mashed Potatoes  
  Baked Apples  
  Broccoli  
  Gingerbread  
  Milk  
  Breakfast Pizza, Cereal, Pear Cup,  
  Fruit Juice, Milk   | 19 Nachos Grande  
  Corn  
  Strawberry Applesauce  
  Tossed Salad  
  Milk  
  Cinnamon Roll, Cereal, Peach  
  Cup, Orange Pineapple Juice, Milk   | 20 Chili & Peanut Butter  
  Sandwich  
  Carrots  
  Peaches  
  Chocolate Chip Cookie  
  Milk  
  Breakfast Bites, Cereal, Grape  
  Juice, Applesauce Cup, Milk   | 21 Hamburger  
  Tater Tots  
  Mixed Fruit  
  Baked Beans  
  Milk  
  Cereal Bar, Cereal, Orange  
  Wedges, Apple Juice, Milk   |
| 24 WINTER BREAK  
  SCHOOLS CLOSED   | 25 WINTER BREAK  
  SCHOOLS CLOSED   | 26 WINTER BREAK  
  SCHOOLS CLOSED   | 27 WINTER BREAK  
  SCHOOLS CLOSED   | 28 WINTER BREAK  
  SCHOOLS CLOSED   |
| 31 WINTER BREAK  
  SCHOOLS CLOSED   |