

# CENTRAL SPRINGS

## January 2019



| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <p><b>Menu is subject to change</b><br/> <i>All meals include 1% skim &amp; skim chocolate milk</i><br/> <b>This institution is an equal opportunity provider</b></p> |   |  | <p>pancake on stick, fruit, juice</p> <p>chicken drumsticks, mashed potatoes, gravy, green beans, mixed fruit, dinner roll</p>                           | <p>cold cereal, donut, fruit, juice</p> <p>macaroni &amp; cheese, meatballs, baked beans, mandarin oranges, (HS-breadstick)</p>  |
|   | 1   | 2  | 3  | 4  |
| <p>breakfast pizza, granola bar, fruit, juice</p> <p>turkey &amp; gravy over mashed potatoes, carrots, peaches, cottage cheese, dinner roll</p>                       | <p>omelet, toast, fruit, juice</p> <p>taco salad, pepper strips, corn, pears, garlic toast</p>  | <p>bkft combo bar, pop tart, fruit, juice</p> <p>pork tenderloin on bun, sliced tomato, french fries, baked beans, mixed fruit</p> | <p>french toast, little smokies, fruit, juice</p> <p>chicken noodle soup, crackers, string cheese, mixed vegetables, rosy applesauce, cinnamon rolls</p> | <p>cold cereal, donut, fruit, juice</p> <p>pizza, lettuce salad, broccoli &amp; tomatoes, orange slices, cake or cookie</p>  |
| 7   | 8   | 9  | 10   | 11   |
| <p>breakfast pizza, granola bar, fruit, juice</p> <p>beef &amp; noodles, lettuce salad, broccoli w/cheese, pineapple, peanut butter sandwich</p>                      | <p>biscuits &amp; gravy, string cheese, fruit, juice</p> <p>chicken nuggets, cheese potatoes, california blend, mandarin oranges, dinner roll</p> | <p>bkft combo bar, pop tart, fruit, juice</p> <p>hamburger on bun, cole slaw, tiger fries, carrots, apple slices</p>               | <p>chicken slider, fruit, juice</p> <p>scalloped potatoes &amp; ham, baked beans, mixed fruit, cheese filled breadstick</p>                              | <p>cold cereal, donut, fruit, juice</p> <p>chicken fajita, onion &amp; peppers, tator tots, strawberries &amp; bananas</p>   |
| 14  | 15  | 16   | 17   | 18   |
| <p>breakfast pizza, granola bar, fruit, juice</p> <p>chicken patty on bun, spinach salad, onion rings, corn, peaches</p>  | <p>breakfast burrito, graham crackers, fruit, juice</p> <p>salisbury steak, mashed potatoes, gravy, green beans, pears, biscuit</p>               | <p>bkft combo bar, pop tart, fruit, juice</p> <p>hot dog on bun, baked beans, potato chips, mixed fruit, pudding</p>               | <p>scrambled eggs, toast, fruit, juice</p> <p>crispito, cheese sauce, mixed vegetables, tator tots, applesauce (HS-churro)</p>                           | <p>cold cereal, donut, fruit, juice</p> <p>mandarin orange chicken, rice, oriental vegetables, orange slices, (HS-dinner roll)</p>   |
| 21  | 22  | 23   | 24   | 25   |
| <p>breakfast pizza, granola bar, fruit, juice</p> <p>soft shell taco, lettuce &amp; cheese, refried beans, tri-tator, strawberries &amp; white cake</p>               | <p>pancakes, sausage, fruit, juice</p> <p>pulled pork sandwich, baked potato, green beans, peaches</p>  | <p>bkft combo bar, pop tart, fruit, juice</p> <p>chili, shredded cheese, crackers, corn, mixed fruit, cinnamon roll</p>            | <p>Cooks Choice</p>  | <p><b>Grab &amp; Go</b><br/>                     Mon-combo bar<br/>                     Tues-UBR<br/>                     Wed-graham cracker<br/>                     Thurs-tornado<br/>                     Fri-pbj<br/> <b>Alternate</b><br/>                     Mon-bbq rib sandwich<br/>                     Tues-bosco sticks<br/>                     Wed-spicy chicken<br/>                     Thurs-pizza<br/>                     Fri-egg rolls</p> |
| 28  | 29  | 30   | 31   |  |