

100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 28</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p>	<p>January 29</p> <p>Berry Smoothie (Strawberry Yogurt, Apple Juice and Applesauce) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>*Make "Overnight Oats"</p>	<p>January 30</p> <p>"Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items</p>	<p>January 31</p> <p>Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items</p>	<p>1</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p>
<p>4</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p>	<p>5</p> <p>Food Court Smoothie (Vanilla Yogurt, Applesauce and Orange Juice) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>*Make "Overnight Oats"</p>	<p>6</p> <p>"Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items</p>	<p>7</p> <p>Breakfast Banana Split WGR Breakfast Cereal Strawberry Graham Snacks Choose 2 of the Above Items</p>	<p>8</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p>
<p>11</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p>	<p>12</p> <p>Berry Smoothie (Strawberry Yogurt, Apple Juice and Applesauce) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p>	<p>13</p> <p>"Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items</p>	<p>14</p> <p>Breakfast Banana Split WGR Breakfast Cereal Strawberry Graham Snacks Choose 2 of the Above Items</p>	<p>15</p> <p>No School-</p> 
<p>18</p> <p>No School</p> 	<p>19</p> <p>Food Court Smoothie (Vanilla Yogurt, Applesauce and Orange Juice) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>*Make "Overnight Oats"</p>	<p>20</p> <p>"Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items</p>	<p>21</p> <p>Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items</p>	<p>22</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p>
<p>25</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p>	<p>26</p> <p>Berry Smoothie (Strawberry Yogurt, Apple Juice and Applesauce) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>*Make "Overnight Oats"</p>	<p>27</p> <p>"Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items</p>	<p>28</p> <p>Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items</p>	<p>March 1</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p>

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, & Mango Wango.

Muffin Choices: Blueberry, Chocolate, or Banana

(WGR) Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.

WGR Bread Items: Cinnamon Toast Crisps, Backpack Snacks, Gripz, Graham Snacks, Etc.

Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)

Breakfast Banana Split: 1 banana topped with vanilla or strawberry yogurt and variety of toppings (fruit, honey, cinnamon)

*Strawberry/Vanilla/Strawberry Yogurt topped with granola (topping optional)

100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 28</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>January 29</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>January 30</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>January 31</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>	<p>1</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>
<p>4</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Cheddar Cheese Omelet</p> <p>Served with fruit and 100% juice.</p>	<p>5</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito</p> <p>Served with fruit and 100% juice.</p>	<p>6</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>7</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Cook's Choice</p> <p>Served with fruit and 100% juice.</p>	<p>8</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>
<p>11</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Cheddar Cheese Omelet</p> <p>Served with fruit and 100% juice.</p>	<p>12</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks W/Sausage Links or Cheese Stick OR Egg, Cheese, & Turkey Sausage Burrito</p> <p>Served with fruit and 100% juice.</p>	<p>13</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>14</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Cook's Choice</p> <p>Served with fruit and 100% juice.</p>	<p>15</p> <p>No School-</p> 
<p>18</p> <p>No School</p> 	<p>19</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks W/Sausage Links or Cheese Stick</p> <p>Served with fruit and 100% juice.</p>	<p>20</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>21</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Cook's Choice</p> <p>Served with fruit and 100% juice.</p>	<p>22</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>
<p>25</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Cheddar Cheese Omelet</p> <p>Served with fruit and 100% juice.</p>	<p>26</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks W/Sausage Links or Cheese Stick</p> <p>Served with fruit and 100% juice.</p>	<p>27</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>28</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Cook's Choice</p> <p>Served with fruit and 100% juice.-</p>	<p>March 1</p> <p>Golden Eagle Waffles w/ Sausage Links OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>

Milk is available every day.

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, & Mango Wango.

February 2019

Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
January 28	January 29	January 30	January 31	1
Mini Waffles w/ Turkey Sausage Links or Pizza Batter Bites Wango Mango Vegetable Juice Clementine	Hot Dog or Chicken Patty W/Bun Mixed Greens Salad Salad Dressing Fresh Cauliflower Bites Dip Applesauce	Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Carrot Sticks Dip Sliced Peaches	Teriyaki Chicken or Chicken Drumstick Poultry Rice Gravy Stir Fry Broccoli Crisp Carrot Sticks Dip Sliced Pears	Mini Corn Dogs or Hamburger Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits
4	5	6	7	8
Sloppy Joe or Chili Frito Pie Fresh Cauliflower Bites Fresh Carrots Dip Peach Cup	Chicken Drumstick or Tangerine Chicken Poultry Rice/Gravy Dinner Roll Steamed Peas Fresh Broccoli Florets Dip Clementine	Mini Maple Pancakes W/ Turkey Sausage Links or Cheeseburger Batter Bites Wango Mango Vegetable Juice Diced Pears	Hamburger or Rotini Pasta W/Turkey Alfredo or Pasta W/Meat Sauce W/Breadstick Mixed Greens Salad Salad Dressing Steamed Carrots Strawberry Banana	Soft Shell Beef Taco Or Quesadilla (Chicken or Cheese) Toppings: Cheese, Black Beans, Lettuce, Tomatoes, Grilled Peppers, & Onions Puzzle Fries Steamed Green Beans Fruit Cup
11	12	13	14	15
*Mr. Ribb or Mini Corn Dogs Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Mixed Fruit	Breakfast Pizza W/ Cheese Stick or Hamburger Baked Batter Bites Fresh Carrots Dip Diced Peaches Celebrating All February Birthdays	Breaded Chicken Sandwich or Fish Sandwich Puzzle Fries Crisp Celery Sticks/Dip Yellow Petite Banana	Hamburger or Rotini Pasta w/ Turkey Alfredo Sauce or Meat Sauce W/Garlic Breadstick Mixed Greens Salad Salad Dressing Fresh Vegetables Dip Assorted Fruits	No School- Staff Development 
18	19	20	21	22
No School- 	Popcorn Chicken or Meatballs Dinner roll Mashed Potatoes Gravy Fresh Broccoli Florets Dip Applesauce	Taco Burger or Breaded Chicken Sandwich Toppings: Shredded Lettuce, Diced Tomatoes, Shredded Cheese, & Sour Cream Steamed Peas Corn Chips Fresh Carrots Dip Clementine	Chicken Nuggets or Teriyaki Chicken Poultry Rice Gravy Steamed Mixed Vegetables Fresh Carrots Dip Fresh Apple Slices	Cheeseburger or "All Beef" Hot Dog Vegetarian baked beans Fresh Cauliflower Bites Dip Mixed Fruit
25	26	28	28	March 1
Teriyaki Chicken or Fish Shapes Poultry Rice Gravy Mixed Green Salad Salad Dressing Fresh Carrot Sticks Dip Diced Pears	Meatballs or Tangerine Chicken Mashed Potatoes Beef Gravy Dinner Roll Fresh Broccoli Florets Dip Clementine	Chicken Cheese Wrap or **Mr. Ribb Toppings: Lettuce & Ranch Dressing Baked Vegetarian Beans Fresh Pepper Slices Dip Peach Cup	Hamburger or Rotini Pasta W/ Turkey Alfredo or Pasta W/Meat Sauce W/Garlic Breadstick Mixed Greens Salad Salad Dressing Breadstick Steamed Carrots Yellow Petite Banana	Walking Taco or Cheese Pizza Toppings: Shredded Lettuce, Diced Tomatoes, Shredded Cheese, & Sour Cream Steamed Green Beans Fresh Vegetables Dip Assorted Fruits

Milk is available every day. Menus are subject to change without notice.