

WEST CENTRAL BREAKFAST & LUNCH MENU

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Poptart Pre-k Cereal	4 Pancake Sausage Stick / Syrup	5 Cereal Bar Pre-k - Muffin	6 Waffle / Syrup
9 Egg & Cheese Biscuit	10 Muffin	11 Pancake / Syrup	12 Bagel / Cream Cheese	13 Glazed Donut
16 NO SCHOOL	17 Poptart Pre-k - Cereal	18 Pancake Sausage Stick / Syrup	19 Cereal Bar Pre-k - Muffin	20 Waffle / Syrup
23 Breakfast Pizza	24 Muffin	25 Pancake / Syrup	26 Bagel / Cream Cheese	27 Donut
30 Nutri - Grain Bar	31 Poptart Pre-k Cereal			Offered Daily: White/Chocolate Milk, Cereal, Juice, Yogurt

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Chicken & Noodle Soup Grilled Cheese, Crackers Carrots Sticks Frozen Fruit	4 Pizza Burger Peas, Cheese Sticks Peaches	5 Salisbury Steak Mashed Potatoes & Gravy Cooked Carrots Roll Mixed Fruit	6 Corn Dogs Broccoli & Cheese Pineapple Bug Bites
9 Chicken Alfredo Peas Pineapple Bread Stick	10 Tenderloin / Bun Lettuce & Spinach Salad Ranch or French Applesauce	11 Teriyaki Chicken Rice, Black Beans, Roll & Butter Sweet & Sour Sauce Cooked Mixed Vegetables Mandarin Oranges	12 Pizza Crunchers Marinara Sauce, Green Beans Mixed Fruit Sugar Cookie	13 Spaghetti / Meat Garlic Bread Corn Applesauce
16 NO SCHOOL	17 Chicken Strips Green Beans BBQ Sauce or Ranch Apple Slices	18 Maidrite / Bun French Fries, Peas, Pickles Mandarin Oranges Rice Krispie Treats	19 Breaded Chicken / Bun Baked Beans Cooked Carrots Pears	20 Pizza Broccoli & Cauliflower Peaches Fruit Roll- up
23 Pulled Pork / Bun Cooked Mixed Vegetables Applesauce	24 Cheesy Breadsticks Marinara Sauce, Green Beans Mixed Fruit Choc. Chip Cookie	25 Hot Dog / Bun Baked Beans Cooked Carrots Pineapple	26 BBQ Rib Patty/ Bun French Fries Broccoli Apricots, Bug Bites	27 Frito Lay Chili Bowl Shredded Lettuce & Cheese Diced Tomatoes Ranch or French Dressing Peaches
30 Pancake Sausage Wraps Hash Browns , Syrup Green Beans, Apple Slices Chocolate Chip Cookie	31 Cheeseburger / Bun French Fries Baked Beans Applesauce			Offered Daily: White/Chocolate Milk, Salad Bar, Ham & Cheese Sandwich, Turkey & Cheese Sandwich