

December 2010



Mon	Tue	Wed	Thu	Fri
				
<p>6 Breakfast Pizza Fresh Fruit, Orange Juice</p> <p>Hamburger or <i>Fish Sandwich</i> WW Bun, Sandwich Trimmings Baked Beans, Baked Potato Fresh Fruit</p>	<p>7 WG Ham Biscuit, Grits Fresh Fruit, Orange Juice</p> <p>Crispito or <i>Grilled Cheese on WW Bread</i> Chili, Steamed Broccoli Grape Tomatoes, Fresh Fruit Cookie</p>	<p>8 Scrambled Eggs, Cheese Grits WW Jelly Toast, Fresh Fruit, OJ</p> <p>Chicken Nuggets or <i>Country Fried Steak w/Gravy</i> Mashed Potatoes Green Beans, Fresh Fruit WW Roll</p>	<p>9 Bagel w/Cream Cheese Oatmeal, Fresh Fruit, OJ</p> <p>Meatloaf or <i>Fish Nuggets</i> WG Brown Rice, Turnip Greens Black-eyed Peas Fresh Fruit, Cornbread</p>	<p>3 Pancakes, Sausage Link Fresh Fruit, Orange Juice</p> <p>Pizza or <i>Chicken & Dumplings</i> California Steamed Veggies Spinach Salad, Fresh Fruit Cake</p>
<p>13 Sausage Gravy Biscuit Fresh Fruit, Orange Juice</p> <p>Breaded Chicken Sandwich or <i>Hamburger on WW Bun</i> Steamed Broccoli, Onion Rings Sandwich Trimmings, Fruit</p>	<p>14 French Toast Sticks Sausage, Fresh Fruit, OJ</p> <p>Beef Taco Soup or <i>Pizza</i> Raw Carrots w/Ranch Dip Steamed Cauliflower w/Cheese Fresh Fruit, Sun Chips</p>	<p>15 Scrambled Eggs, Grits Hash Browns, Fresh Fruit, OJ</p> <p>Chicken Fajita or <i>Beef Tacos</i> on WW Tortilla, Mexican Rice Pinto Beans Spinach Salad Fresh Fruit, Jell-O</p>	<p>16 Cinnamon Toast, Yogurt Oatmeal, Fresh Fruit, OJ</p> <p>Steak Nuggets or <i>Oven-Baked Chicken</i> Green Beans, Sweet Potato Fresh Fruit, WW Roll Fruit Cobbler</p>	<p>17 WG Chicken Biscuit Fresh Fruit, Orange Juice</p> <p>Chicken Tetrizzini w/WW noodles & WW Roll or <i>WG Corndog w/Baked Chips</i> English Peas, Fresh Fruit Mixed Green Salad</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
				
<p>27</p>			<p>30</p>	

January 2011

Mon	Tue	Wed	Thu	Fri
3	4 WG Ham Biscuit, Grits Fresh Fruit, Orange Juice Crispito or <i>Grilled Cheese on WW Bread</i> Chili, Steamed Broccoli Grape Tomatoes, Fresh Fruit Cookie	5 Scrambled Eggs, Cheese Grits WW Jelly Toast, Fresh Fruit, OJ Chicken Nuggets or <i>Country Fried Steak w/Gravy</i> Mashed Potatoes Green Beans, Fresh Fruit WW Roll	6 Bagel w/Cream Cheese Oatmeal, Fresh Fruit, OJ <i>Meatloaf or Fish Nuggets</i> WG Brown Rice, Turnip Greens Black-eyed Peas Fresh Fruit, Cornbread	7 Waffle Stick, Sausage Link Fresh Fruit, Orange Juice WW Turkey Wrap or <i>Ham Sandwich on WW Bread</i> Chicken Noodle Soup Raw Carrots, Fresh Fruit Parmesan Tuscan Salad
10 Sausage Gravy Biscuit Fresh Fruit, Orange Juice Breaded Chicken Sandwich or <i>Hamburger on WW Bun</i> Steamed Broccoli, Onion Rings Sandwich Trimmings, Fruit	11 French Toast Sticks Sausage, Fresh Fruit, OJ Beef Taco Soup or <i>Pizza</i> Raw Carrots w/Ranch Dip Steamed Cauliflower w/Cheese Fresh Fruit, Sun Chips	12 Scrambled Eggs, Grits Hash Browns, Fresh Fruit, OJ Chicken Fajita or <i>Beef Tacos</i> on WW Tortilla, Mexican Rice Pinto Beans Spinach Salad Fresh Fruit, Jell-O	13 Cinnamon Toast, Yogurt Oatmeal, Fresh Fruit, OJ Steak Nuggets or <i>Oven-Baked Chicken</i> Green Beans, Sweet Potato Fresh Fruit, WW Roll Fruit Cobbler	14 WG Chicken Biscuit Fresh Fruit, Orange Juice Chicken Tetrizzini w/WW noodles & WW Roll or <i>Corndog w/Baked Chips</i> English Peas, Fresh Fruit Mixed Green Salad
17 No School Martin Luther King Jr. Day	18 Biscuit w/Jelly, Yogurt Fresh Fruit, Orange Juice Salisbury Steak or <i>Baked Chicken</i> WG Brown Rice, Baked Potato Steamed Broccoli, Fresh Fruit Cornbread, Pudding	19 Muffin, Oatmeal Fresh Fruit, Orange Juice Beef Burrito or <i>Turkey & Cheese</i> <i>Wrap</i> on WW Tortilla Black Beans, Corn on the Cob Sweet Potato Fries Fresh Fruit	20 Cinnamon Raisin Biscuit Oatmeal, Fresh Fruit, OJ Lasagna or <i>Pizza</i> Steamed Squash Lima Beans Fresh Fruit WW Breadstick	21 Scrambled Eggs, Grits Bacon, Fresh Fruit, OJ BBQ Chicken on WW Bun or <i>Turkey Sub on WW Hoagie</i> Coleslaw Tater Tots, Fresh Fruit Rice Krispy Treat
24 Sausage Biscuit Fresh Fruit, Orange Juice Grilled Chicken Sandwich or <i>Sloppy Joe</i> on WW Bun French Fries, Carrot Raisin Salad Fruit, Brownie	25 Scrambled Eggs, Bacon Jelly Toast, Fresh Fruit, OJ Spaghetti w/WW Noodles or <i>Sliced Ham</i> Italian Mixed Veggies Mixed Green Salad, Fresh Fruit WW Roll, Jell-O	26 Piggie Stick, Oatmeal Fresh Fruit, Orange Juice Taco Salad or <i>Chicken & Cheese Quesadilla</i> WK Corn, Refried Beans WG Mexican Rice, Fresh Fruit Ice Cream	27 WW Cheese Toast, Grits Fresh Fruit, Orange Juice Turkey Pot Pie or <i>BBQ Chicken</i> Steamed Broccoli w/Cheese Northern Beans Fresh Fruit, WW Breadstick	28 Pancakes, Sausage Link Fresh Fruit, Orange Juice <i>Pizza or Chicken & Dumplings</i> California Steamed Veggies Spinach Salad, Fresh Fruit Cake
31 Breakfast Pizza Fresh Fruit, Orange Juice Hamburger or <i>Fish Sandwich</i> WW Bun, Sandwich Trimmings Baked Beans, Baked Potato Fresh Fruit				

February 2011

Mon	Tue	Wed	Thu	Fri		
	1 WG Ham Biscuit, Grits Fresh Fruit, Orange Juice Crispito or <i>Grilled Cheese on WW Bread</i> Chili, Steamed Broccoli Grape Tomatoes, Fresh Fruit Cookie	2 Scrambled Eggs, Cheese Grits WW Jelly Toast, Fresh Fruit, OJ Chicken Nuggets or <i>Country Fried Steak w/Gravy</i> Mashed Potatoes Green Beans, Fresh Fruit WW Roll	3 Bagel w/Cream Cheese Oatmeal, Fresh Fruit, OJ Meatloaf or <i>Fish Nuggets</i> WG Brown Rice, Turnip Greens Black-eyed Peas Fresh Fruit, Cornbread	4 Waffle Stick, Sausage Link Fresh Fruit, Orange Juice WW Turkey Wrap or <i>Ham Sandwich on WW Bread</i> Chicken Noodle Soup Raw Carrots, Fresh Fruit Parmesan Tuscan Salad		
7 Sausage Gravy Biscuit Fresh Fruit, Orange Juice Breaded Chicken Sandwich or <i>Hamburger on WW Bun</i> Steamed Broccoli, Onion Rings Sandwich Trimmings, Fruit	8 French Toast Sticks Sausage, Fresh Fruit, OJ Beef Taco Soup or <i>Pizza</i> Raw Carrots w/Ranch Dip Steamed Cauliflower w/Cheese Fresh Fruit, Sun Chips	9 Scrambled Eggs, Grits Hash Browns, Fresh Fruit, OJ Chicken Fajita or <i>Beef Tacos</i> on WW Tortilla, Mexican Rice Pinto Beans Spinach Salad Fresh Fruit, Jell-O	10 Cinnamon Toast, Yogurt Oatmeal, Fresh Fruit, OJ Steak Nuggets or <i>Oven-Baked Chicken</i> Green Beans, Sweet Potato Fresh Fruit, WW Roll Fruit Cobbler	11 WG Chicken Biscuit Fresh Fruit, Orange Juice Chicken Tetrizzini w/WW noodles & WW Roll or WG <i>Corndog w/Baked Chips</i> English Peas, Fresh Fruit Mixed Green Salad		
14 Scrambled Eggs Cheese Grits, Jelly Toast Fresh Fruit, OJ Hot Dog or <i>BBQ Pork</i> on WW Bun Baked Beans, Raw Carrots Fruit, Sun Chips	15 Biscuit w/Jelly, Yogurt Fresh Fruit, Orange Juice Salisbury Steak or <i>Baked Chicken</i> WG Brown Rice, Baked Potato Steamed Broccoli, Fresh Fruit Cornbread, Pudding	16 Muffin, Oatmeal Fresh Fruit, Orange Juice Beef Burrito or <i>Turkey & Cheese</i> <i>Wrap on WW Tortilla</i> Black Beans, Corn on the Cob Sweet Potato Fries Fresh Fruit	17 Cinnamon Raisin Biscuit Oatmeal, Fresh Fruit, OJ Lasagna or <i>Pizza</i> Steamed Squash Lima Beans Fresh Fruit WW Breadstick	18 Scrambled Eggs, Grits Bacon, Fresh Fruit, OJ BBQ Chicken on WW Bun or <i>Turkey Sub on WW Hoagie</i> Coleslaw Tater Tots, Fresh Fruit Rice Krispy Treat		
21 No School President's Day 	22 Scrambled Eggs, Bacon Jelly Toast, Fresh Fruit, OJ Spaghetti w/WW Noodles or <i>Sliced Ham</i> Italian Mixed Veggies Mixed Green Salad, Fresh Fruit WW Roll, Jell-O	23 Piggie Stick, Oatmeal Fresh Fruit, Orange Juice Taco Salad or <i>Chicken & Cheese Quesadilla</i> WK Corn, Refried Beans WG Mexican Rice, Fresh Fruit Ice Cream	24 WW Cheese Toast, Grits Fresh Fruit, Orange Juice Turkey Pot Pie or <i>BBQ Chicken</i> Steamed Broccoli w/Cheese Northern Beans Fresh Fruit, WW Breadstick	25 Pancakes, Sausage Link Fresh Fruit, Orange Juice <i>Pizza or Chicken & Dumplings</i> California Steamed Veggies Spinach Salad, Fresh Fruit Cake		
28 Breakfast Pizza Fresh Fruit, Orange Juice Hamburger or <i>Fish Sandwich</i> WW Bun, Sandwich Trimmings Baked Beans, Baked Potato Fresh Fruit						