

# January 2019

## CROSSLAKE COMMUNITY SCHOOL

### BREAKFAST



**School Information:**  
MENU SUBJECT TO CHANGE  
BREAKFAST  
K=FREE  
PAID \$1.50



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

HAPPY NEW YEAR

1

CEREAL/TOAST

2

FRENCH TOAST STIXS

3

APPLE STICK

4

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

MILK CHOICES

MILK CHOICES

MILK CHOICES

YOGURT PARFAIT

7

CEREAL/TOAST

8

BREAKFAST PIZZA

9

FRUDEL

10

BREAKFAST BREAD

11

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

MILK CHOICES

MILK CHOICES

MILK CHOICES

MILK CHOICES

MILK CHOICES

OATMEAL ROUND-UBR

14

CEREAL/TOAST

15

BACON EGG PIZZA

16

MINI PANCAKES

17

DUTCH WAFFLE

18

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

MILK CHOICES

MILK CHOICES

MILK CHOICES

MILK CHOICES

MILK CHOICES

NO SCHOOL

21

CEREAL/TOAST

22

EGGS/TOAST

23

PANCAKE ON A STICK

24

CINNAMON ROLL

25

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

MILK CHOICES

MILK CHOICES

MILK CHOICES

MILK CHOICES

MINI CINNI

28

CEREAL/TOAST

29

SAUSAGE PIZZA

30

MUFFIN/YOGURT

31

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

JUICE/FRUIT

MILK CHOICES

MILK CHOICES

MILK CHOICES

MILK CHOICES





#### School Information:

LUNCH PRICE \$3.25  
MILK FOR COLD LUNCH \$.30  
PLEASE FILL OUT AN APPLICATION FOR  
EDUCATIONAL BENEFITS IN THE OFFICE



#### Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### Monday

ALTERNATE MAIN DISH  
SANDWICH AVAILABLE  
MOST DAYS  
BOX SALADS SELECT DAYS  
CHECK MENU BOARD

CHICKEN PATTY/BUN  
BAKED FRIES  
LETTUCE/CARROTS  
FRUIT CHOICES  
MLK CHOICES

HAMBURGER/BUN  
TOMATO/LETTUCE  
BAKED BEANS  
FRUIT CHOICES  
MILK CHOICES

NO SCHOOL  
MENU SUBJECT TO CHANGE

CHICKEN WRAP  
RICE / LETTUCE  
VEGGIES  
FRUIT CHOICES  
MILK CHOICES

### Tuesday

HAPPY NEW YEAR  
NO SCHOOL

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER

TURKEY GRAVY  
MASHED POTATOES  
CORN / BREAD  
FRUIT CHOICES  
MILK CHOICES

POPCORN CHICKEN  
MASHED POTATOES/GRAVY  
CORN/COLE SLAW/ROLL  
FRUIT CHOICES  
MILK CHOICES

POPCORN CHICKEN  
SWEET-N-SOUR SAUCE  
KEYWEST BLEND VEGGIES  
LETTUCE SALAD  
FRUIT CHOICES/MILK CHOICES

OMELET  
FRENCH TOAST STIXS  
TRI-TATORS  
SUNSET SIP  
FRUIT CHOICES/MILK CHOICES

### Wednesday

CHICKEN NUGGETS  
MASHED POTATOES/GRAVY  
CORN / DINNER ROLL  
FRUIT CHOICES  
MILK CHOICES

WALKING TACOS  
FIXINS  
SPANISH RICE  
FRUIT CHOICES  
MILK CHOICES

MACARONI HOTDISH  
BREAD STICK  
BROCCOLI/LETTUCE SALAD  
FRUIT CHOICES  
MILK CHOICES

RIB-E-QUE/BUN  
POTATO SMILES  
BAKED BEANS  
FRUIT CHOICES  
MILK CHOICES

SPAGHETTI  
MEAT SAUCE  
LETTUCE SALAD  
GREEN BEANS  
FRUIT CHOICES/MILK CHOICES

### Thursday

GRILL CHEESE SANDWICH  
CHILI/CRACKERS  
TATOR TOTS/CARROTS  
FRUIT CHOICES  
MILK CHOICES

CORNDOG  
SWEET POTATO FRIES  
BAKED BEANS  
FRUIT CHOICES  
MILK CHOICES

MEATBALL SUB OR  
HOTDOG ON A BUN  
BAKED FRIES/CARROTS  
FRUIT CHOICES  
MILK CHOICES

TACOS  
REFRIED BEANS  
CORN/FIXINS/SALSA  
FRUIT CHOICES  
MILK CHOICES

PULLED PORK/BUN  
BAKED BEAN  
COLE SLAW  
TORTILLA CHIPS/SALSA  
FRUIT CHOICES/MILK CHOICES

### Friday

BOSCO CHEESE STICK  
MARINARA SAUCE  
BROCCOLI/GREEN BEANS  
FRUIT CHOICES  
MILK CHOICES

ROUND PIZZA  
GREEN BEANS  
LETTUCE SALAD  
FRUIT CHOICES  
MILK CHOICES

QUESADILLA  
REFRIED BEANS  
LETTUCE SALAD/SALSA  
FRUIT CHOICES  
MILK CHOICES

STUFFED CRUST  
GREEN BEANS  
CARROTS  
FRUIT CHOICES  
MILK CHOICES

