

From: [Debra Adams](#)
 To: [Audrey Green](#); [Nicole Beaver](#);
 Subject: jan menu for jan 2010 breakfast
 Date: Tuesday, December 15, 2009 8:59:44 AM



January 2010 Elementary Breakfast

WWW.MEALPAYPLAN.COM

Student Meal Prices
 Lunch—\$1.50
 Breakfast—\$1.00
 Reduced Lunch—\$1.40
 Reduced Breakfast—\$.90
Adult Meal Prices
 Breakfast—\$1.50
 Lunch—\$2.75

Mon	Tue	Wed	Thu	Fri
ENVISION PAYMENT SOLUTIONS SECURITY ON ALL RETURNED CHECKS!!!!!!!!!!				1 Holiday Break!!!
4 Holiday Break!!!	5 (1) Chicken Biscuit, Cheese Grits, (2) Cereal / Toast 100% Fruit Juice / Fruit Choice of Milk	6 (1) Grilled Cheese Sandwich, Hashbrown (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	7 (1) French Toast Sticks (2) Brown Sugar Oatmeal (3) Cereal / Toast Sausage Links 100% Fruit Juice/Fruit Choice of Milk	8 (1) Breakfast Pizza Cheese Grits (2) Cereal Bar/ Yogurt 100% Fruit Juice/Fruit Choice of Milk
11 (1) Sausage Biscuit, Grits (2) Cereal Bar / Yogurt 100% Fruit Juice/Fruit Choice of Milk	12 1) Pancakes w/Sausage Link (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	13 (1) Egg Scrambler or Scramble Eggs, Biscuits Cheese Grits (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	14 1) Chicken Biscuit, Brown Sugar Oatmeal (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	15 (1) Cinnamon Roll w/Sausage Link (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk
18 M.L King Birthday Holiday Break!!!	19 (1) Chicken Biscuit, Cheese Grits, (2) Cereal / Toast 100% Fruit Juice / Fruit Choice of Milk	20 (1) Grilled Cheese Sandwich, Hashbrown (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	21 (1) French Toast Sticks (2) Brown Sugar Oatmeal (3) Cereal / Toast Sausage Links 100% Fruit Juice/Fruit Choice of Milk	22 (1) Breakfast Pizza Cheese Grits (2) Cereal Bar/ Yogurt 100% Fruit Juice/Fruit Choice of Milk
25 (1) Sausage Biscuit, Grits (2) Cereal Bar / Yogurt 100% Fruit Juice/Fruit Choice of Milk	26 (1) Pancakes w/Sausage Link (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	27 (1) Egg Scrambler or Scramble Eggs, Biscuits Cheese Grits (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	28 (1) Chicken Biscuit, Brown Sugar Oatmeal (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk	29 (1) Cinnamon Roll w/Sausage Link (2) Cereal / Toast 100% Fruit Juice/Fruit Choice of Milk

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From: [Debra Adams](#)
 To: [Audrey Green](#); [Nicole Beaver](#);
 Subject: jan 2010 menu lunch
 Date: Tuesday, December 15, 2009 9:00:19 AM



January 2010 Elementary Lunch

WWW.MEALPAYPLAN.COM

Student Meal Prices
 Lunch—\$1.50
 Breakfast—\$1.00
 Reduced Lunch—\$.40
 Reduced Breakfast—\$.30
Adult Meal Prices
 Breakfast—\$1.50
 Lunch—\$2.75

Mon	Tue	Wed	Thu	Fri
ENVISION PAYMENT SOLUTIONS SECURITY ON ALL RETURNED CHECKS!!!!!!!				1 Holiday Break!!!!
4 Holiday Break!!!!	5 (1) Popcorn Chicken w/1 or 2 Whole Wheat Rolls (2) Grilled Chicken Caesar Salad w/Crackers (3) Yogurt / Cheese Tray <u>Sides</u> Green Beans Baby Carrots w/Dressing Banana Peaches & Cream Choice of Milk	6 (1) Beefy Nachos w/Cheese Sauce (2) Chef Salad w/Crackers (3) Chicken Tender Deli Wrap Box <u>Sides</u> Lett/Tom/Salsa or Tossed Salad Refried Beans or Ranch Beans w/Mozzarella Cheese Orange Rosy Applesauce Choice of Milk	7 (1) Baked Potato w/Chili & Shredded Cheese & Whole Wheat Roll (2) California Chicken Salad w/Crackers (3) PBJ Sandwich <u>Sides</u> Steamed Broccoli Tossed Salad Apple Emerald Pears Choice of Milk	8 (1) Big Daddy's Pizza (2) Chicken Tender Salad w/Crackers (3) Yogurt/Cheese Tray <u>Sides</u> Buttered Sweet Corn Caesar Salad w/Dressing Orange Mixed Fruit w/Cherries Cookie Choice of Milk
11 (1) Cheese Stuffed Breadsticks w/Marinara Sauce (2) Asian Salad w/Chowmein Noodles & Crackers (3) PBJ Sandwich <u>Sides</u> Oven Potatoes Green Beans Apple Chilled Fruit Cocktail Choice of Milk	12 (1) Popcorn Chicken w/1 or 2 Whole Wheat Rolls (2) Grilled Chicken Caesar Salad w/Crackers (3) Yogurt / Cheese Tray <u>Sides</u> Macaroni & Cheese Broccoli Orange Chilled Pears w/Cherry Choice of Milk	13 (1) Hotdog on Bun (2) Chef Salad w/Crackers (3) Veg-Out Turkey Wrap Deli Box <u>Sides</u> Baked Potato Baked Beans Baby Carrots w/Ranch Dressing Banana Rosy Applesauce Choice of Milk	14 (1) Pizza (2) Chicken Tender Salad w/Crackers (3) Yogurt / Cheese Tray <u>Sides</u> Caesar Salad w/Dressing Corn Orange Chilled Peaches Cookie Choice of Milk	15 (1) Chicken Sandwich on Bun w/Pickle (2) California Salad w/Crackers (3) PBJ Sandwich <u>Sides</u> Sweet Potato Fries Tossed Salad w/Dressing Apple Mandarin Oranges Choice of Milk
18 M.L King Birthday	19 (1) Spaghetti w/Meat Sauce & Garlic Bread (2) Asian Salad w/Chow Mein Noodles w/Crackers (3) PBJ <u>Sides</u> Caesar Salad w/Dressing Green Beans Tangerine/Orange Chilled Pineapple Choice of Milk	20 (1) Chicken Nuggets w/1 or 2 Whole Wheat Rolls (2) Chef Salad w/Crackers (3) Turkey Wrap Deli Box <u>Sides</u> Black Eye Peas Mashed Potatoes Banana Rosy Applesauce Juice Bar Choice of Milk	21 (1) Tacos w/Hard Shell (2) (2) Grilled Chicken Caesar Salad w/Crackers (3) PBJ <u>Sides</u> Brown Rice Lettuce/Tomato/Cheese/Salsa Steamed Broccoli Chilled Peaches Apple Choice of Milk	22 (1) Big Daddy's Pizza (2) Chicken Tender Salad w/Crackers (3) Yogurt / Cheese Tray <u>Sides</u> Corn Caesar Salad w/Dressing Orange Chilled Fruit Cookie Choice of Milk
25 (1) Cheesy Flatbread Pizza w/ Marinara Sauce (2) California Salad w/Crackers (3) Yogurt/Cheese Tray <u>Sides</u> Caesar Salad w/Dressing Green Beans Orange Rosy Applesauce Choice of Milk	26 (1) Chicken Teriyaki w/Savory Rice w/1 or 2 Whole Wheat Rolls (2) Asian Salad w/Chow Mein Noodles & Crackers (3) Ham & Cheese Wrap Deli Box <u>Sides</u> Breaded Okra Broccoli w/Cheese Sauce Apple Emerald Pears Choice of Milk	27 (1) BBQ Pork Sandwich on Bun w/Pickle (2) Caesar Chicken Salad w/Crackers (3) PBJ Sandwich <u>Sides</u> Baked Beans Tossed Salad w/Dressing Oven Potatoes Banana Chilled Mixed Fruit w/Cherries Choice of Milk	28 (1) Popcorn Shrimp w/Combread (2) Chicken Tender Salad w/Crackers (3) Yogurt/Cheese Tray <u>Sides</u> Macaroni & Cheese Green Beans Orange Strawberries and Blueberries w/Cream Choice of Milk	29 (1) Hamburger on Bun w/Pickle (2) Chef Salad w/Crackers (3) PBJ Sandwich <u>Sides</u> Oven Potatoes Veggie Dippers w/Dressing Apple Chilled Peaches Cookie Choice of Milk