














ADAIR COUNTY SCHOOLS



JANUARY 2019 MENU FOR ACHS & ACMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>Hot Ham & Cheese Croissant Baked Potato Chips Broccoli/Cauliflower w/Dip Cookie Fruit Options</p>  <p>BREAKFAST Sausage & Biscuit</p>	<p>8</p> <p>Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options</p> <p>BREAKFAST Whole Grain Muffin</p>	<p>9</p> <p>Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options</p>  <p>BREAKFAST Breakfast Tornado</p>	<p>10</p> <p>Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options</p> <p>BREAKFAST Chocolate or White Donuts</p>	<p>11</p> <p>Cheese Stuffed Breadstick Bites w/Marinara Sauce Garden Salad Corn Orange Push-up Fruit Options</p>  <p>BREAKFAST Chicken & Biscuit</p>
<p>14</p> <p>Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options</p> <p>BREAKFAST Bacon & Cheese Biscuit</p>	<p>15</p> <p>Chili Crisпитos Queso Dip w/Chips Refried Beans Cookie Fruit Options</p>  <p>BREAKFAST French Toast Sticks w/Syrup</p>	<p>16</p> <p>Grilled Cheese Sandwich Chili w/Crackers Carrot & Celery Sticks Yogurt Fruit Options</p> <p>BREAKFAST Donut Holes</p>	<p>17</p> <p>Chicken Chunks w/Dipping Sauce French Fries Macaroni & Cheese Fruit Options</p>  <p>BREAKFAST Breakfast Pizza</p>	<p>18</p> <p>Big Daddy Cheese Pizza Garden Salad Corn Fudge Bar Fruit Options</p> <p>BREAKFAST Gravy & Biscuit</p>
<p>21</p> <p>NO SCHOOL!</p>  <p>MARTIN LUTHER KING JR. BIRTHDAY!</p>	<p>22</p> <p>Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options</p>  <p>BREAKFAST Yogurt Bar</p>	<p>23</p> <p>Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options</p> <p>BREAKFAST Whole Grain Muffin</p>	<p>24</p> <p>Loaded Barbecue Baked Potato Cheese, Butter, Sour Cream Garlic Bread Green Peas Fruit Options</p> <p>BREAKFAST Scrambled Eggs Bacon & Toast</p>	<p>25</p> <p>Corn Dog Emoji Potatoes Baked Beans Cookie Fruit Options</p>  <p>BREAKFAST Glazed Donut</p>
<p>28</p> <p>Hot Ham & Cheese Croissant Baked Potato Chips Broccoli/Cauliflower w/Dip Cookie Fruit Options</p>  <p>BREAKFAST Sausage & Biscuit</p>	<p>29</p> <p>Little Caesar's Pizza Garden Salad Corn Mini Rice Krispie Treat Fruit Options</p> <p>BREAKFAST Whole Grain Muffin</p>	<p>30</p> <p>Chicken Strips Creamed Potatoes Green Beans Whole Grain Roll Fruit Options</p>  <p>BREAKFAST Breakfast Tornado</p>	<p>31</p> <p>Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options</p> <p>BREAKFAST Chocolate or White Donuts</p>	<p>1</p> <p>Philly Cheese Steak w/A1 Peppers & Onions French Fries Carrots w/Dip Granola Bar Fruit Options</p>  <p>BREAKFAST Chicken & Biscuit</p>

NEWS

Choice of Low-Fat White Milk and Fat Free Flavored Milk offered daily at Breakfast and Lunch

Juice and Fruit Choices offered daily at Breakfast

Variety of General Mills and Kellogg's Cereals offered daily at Breakfast

Toast offered daily at Breakfast

Fresh Fruit offered daily

Salads are offered daily

Hamburger Line offered daily

Menu items are subject to change due to circumstances beyond our control.

Some items served contain peanuts. Substitutions can be made for students with special dietary needs per doctor's orders.



FLAVORFUL SIDES WITH EVERY MEAL:

Lunch includes a choice of 5 components: Meat/Meat Alternate, Bread/Grain, Fruit, Vegetable, and Skim, 1% White Fat Free Flavored Milk. Students may take 5, 4 or 3, which must include 1 fruit or vegetable serving.