














ADAIR COUNTY SCHOOLS



JANUARY 2019 MENU FOR ACES & ACPC

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

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

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.

|
|