













# ADAIR COUNTY SCHOOLS



JAN. 3 - JAN. 28, 2022 MENU FOR ACES & ACPC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options</p>  <p>BREAKFAST Bacon &amp; Cheese on Biscuit</p>	<p>4 Popcorn Chicken or Burrito Queso Dip w/Chips Refried Beans Cookie Fruit Options</p> <p>BREAKFAST French Toast Sticks w/Syrup</p>	<p>5 PB &amp; J Uncrustable or Grilled Cheese Sandwich Chili w/Crackers Carrot &amp; Celery Sticks Yogurt Fruit Options</p>  <p>BREAKFAST Cinnamon Toast Applesauce</p>	<p>6 Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni &amp; Cheese Fruit Options</p> <p>BREAKFAST Breakfast Pizza</p>	<p>7 Taco Stix or Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options</p>  <p>BREAKFAST Gravy &amp; Biscuit</p>
<p>10 Grilled Cheese Sandwich or Hot Ham &amp; Cheese on Bun Baked Potato Chips Fresh Vegetable Cup w/Dip Cookie Fruit Options</p> <p>BREAKFAST Sausage &amp; Biscuit</p>	<p>11 Burrito or Pepperoni Bosco Sticks w/Marinara Sauce Garden Salad Corn Fruit Options</p>  <p>BREAKFAST Yogurt Bar</p>	<p>12 Mini Corn Dogs or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options</p> <p>BREAKFAST Whole Grain Muffin</p>	<p>13 Fish Nuggets or Chicken Strips Creamed Potatoes Green Beans Roll Fruit Options</p>  <p>BREAKFAST Cinnamon Roll</p>	<p>14 PB &amp; J Uncrustable or Grilled Cheese Sandwich Potato Soup Crackers Carrot &amp; Celery Sticks Cookie Fruit Options</p> <p>BREAKFAST Chicken &amp; Biscuit</p>
<p>17 NO SCHOOL!</p> 	<p>18 Hot Dogs on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni &amp; Cheese Fruit Options</p> <p>BREAKFAST Breakfast Pizza</p>	<p>19 Taco Stix or Spaghetti Garden Salad Corn Cheese Breadstick Fruit Options</p>  <p>BREAKFAST Gravy &amp; Biscuit</p>	<p>20 PB &amp; J Uncrustable or Grilled Cheese Sandwich Potato Soup Crackers Carrot &amp; Celery Sticks Cookie Fruit Options</p> <p>BREAKFAST Chicken &amp; Biscuit</p>	<p>21 Mini Corn Dogs or Taco Salad w/Chips Salsa, Sour Cream, Trimmings Potato Wedges Refried Beans Sidekick Fruit Options</p>  <p>BREAKFAST Whole Grain Muffin</p>
<p>24 Cheeseburger on Bun or Chicken Filet on Bun Lettuce/Tomato/Pickle French Fries Broccoli w/Cheese Fruit Options</p> <p>BREAKFAST Cinnamon Roll</p>	<p>25 Sausage or Bacon Gravy Biscuit Hashbrown Yogurt Cup Fruit Options</p>  <p>BREAKFAST French Toast Sticks w/Syrup</p>	<p>26 PB &amp; J Uncrustable or Grilled Cheese Sandwich Chili w/Crackers Carrot &amp; Celery Sticks Cookie Fruit Options</p> <p>BREAKFAST Cinnamon Toast Applesauce</p>	<p>27 Hot Dog on Bun or Chicken Chunks w/Dipping Sauce French Fries Macaroni &amp; Cheese Fruit Options</p>  <p>BREAKFAST Breakfast Pizza</p>	<p>28 Taco Stix or Individual Pizza Garden Salad Corn Ice Cream Fruit Options</p> <p>BREAKFAST Gravy &amp; Biscuit</p>

**NEWS**

Choice of Low-Fat White Milk and 1% 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

Pop Tarts 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 1% Flavored Milk.  
Students may take 5,4 or 3, which must include 1 fruit or vegetable serving.