

SHS CYCLE MENU

1/2	1/3 BREAKFAST Bagel, Cream Cheese, Jelly, Fruit Cup & Fruit Juice LUNCH Philly Cheese Steak on a Grinder Roll, Baked French Fries, Carrot Sticks & Fruit	1/4 BREAKFAST Waffle Sticks, Syrup, Bacon, Fruit Cup & Fruit Juice LUNCH NACHOS, Tortilla Chips W/Seasoned Beef, Lettuce, Tomatoes, Cheese Sauce, Salsa, Sour Cheese & Fruit	1/5 BREAKFAST Blueberry Muffin, Fruit Cup & Fruit Juice LUNCH Pasta Alfredo Bread Sticks, Fruit, & Tossed Salad	1/6 BREAKFAST Hot Oatmeal, Milk Fruit Cup & Fruit Juice LUNCH Pizza Dippers W/ Stuffed Cheese, Pizza Sauce, Veggie & Fruit
1/9 BREAKFAST Egg & Cheese on a English Muffin, Fruit Cup and Fruit Juice LUNCH Hot Dog on a Whole Wheat Roll, Macroni 'N Cheese, Veggie & Fruit	1/10 BREAKFAST Cereal, Milk, Fruit Cup & Fruit Juice LUNCH Popcorn Chicken, Egg Noodles W/Wout Chicken Gravy, Veggie & Fruit	1/11 BREAKFAST Cinnamon Rolls, Fruit Cup & Fruit Juice LUNCH Upside Down Day, Waffle Sticks, Sausage Links, Syrup, & Fruit	1/12 BREAKFAST French Toast Sticks, Syrup, Fruit Cup & Fruit Juice LUNCH Pasta Ravoli W/ Cheese, Tomato Sauce, Garlic Bread Sticks, Fruit & Tossed Salad	1/13 BREAKFAST Apple Cinnamon Muffins, Fruit Cup & Fruit Juice LUNCH Cheese Pizza, Carrot Sticks, Yogurt, & Fruit
1/16 NO SCHOOL MLK Day	1/17 BREAKFAST Pancakes, Syrup, Link Sausage, Fruit Cup & Fruit Juice LUNCH Chicken Nuggets, Baked French Fries, Veggie & Fruit	1/18 BREAKFAST Hot Oatmeal, Milk Fruit Cup & Fruit Juice LUNCH Grilled Cheese Sandwich, Chicken Noodle Soup, Goldfish Crackers, Carrot Sticks & Fruit	1/19 BREAKFAST Scrambled Eggs, Bacon, Fruit Cup & Fruit Juice LUNCH Meatballs & Spaghetti, Bread Sticks, Tomato & Cucumber Slices & Fruit	1/20 BREAKFAST Cereal, Milk, Fruit Cup & Fruit Juice LUNCH Cheese Filled Bosco Pizza Sticks Tossed Salad, & Fruit
1/23 BREAKFAST Egg & Cheese on an English Muffin, Fruit Cup & Fruit Juice LUNCH Hamburger/Cheeseburger on a Whole Wheat Roll, Baked Potato Chips, Veggie & Fruit	1/24 BREAKFAST Hot Oatmeal, Milk, Fruit Cup & Fruit Juice LUNCH Chicken Fajita on a soft Tortilla Shell, Lettuce, Tomato, Cheese, Salsa, Sour Cream & Fruit	1/25 BREAKFAST Cinnamon Roll. Fruit Cup & Fruit Juice LUNCH Bacon, Lettuce & Tomato On a Whole Wheat Roll, Tomato Soup, Goldfish Crackers & Fruit	1/26 BREAKFAST Cereal, Milk Fruit Cup & Fruit Juice LUNCH Baked Ziti, Bread Sticks, House Salad, Fruit & Sugar Cookie	1/27 BREAKFAST Apple Turnover Fruit Cup & Fruit Juice LUNCH Sausage or Cheese Pizza, Carrot Sticks, Chocolate Pudding, & Oreo Cookies
1/30 BREAKFAST Blueberry Muffin Fruit Cup & Fruit Juice LUNCH Hot Dogs, Whole Wheat Roll, Baked Potato Chips, Celery Sticks, & Fruit	1/31 BREAKFAST Bagel, Cream Cheese, Jelly, Fruit Cup & Fruit Juice LUNCH Chicken Drumsticks, Baked French Fries, Veggie & Fruit			
BREAKFAST ALTERNATE: Cold Cereal				
LUNCH ALTERNATE: #1 Peanut Butter & Jelly, #2 Hot Dog, #3 Grilled Cheese, #4 House Salad				

Note 1: Fresh fruit and other snacks are available every day at the snack counter.

Note 2: 1% milk is available and is payable by separate check.