

# Lanesboro 2018-2019 Cycle Menu

\*Subject to change due to availability & price

## January

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>NO</b>  <b>School</b>	<b>2 Breakfast</b> Scrambled eggs & toast or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Chicken strips, green beans, garden salad, peaches milk	<b>3 Breakfast</b> Whole-grain waffle or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Beef nachos , salad bar fixings, black bean salad, corn, fresh fruit, milk	<b>4 Breakfast</b> Cinnamon roll or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Spaghetti w/ meat sauce, broccoli, breadstick, pineapple, milk
<b>7 Breakfast</b> Pancake or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Hamburger, French fries, salad bar fixings, fresh fruit, milk	<b>8 Breakfast</b> Pancake on a stick or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Macaroni & Cheese, fresh green beans, Caesar salad, peaches, milk	<b>9 Breakfast</b> French toast sticks or cold cereal, sausage links, syrup, milk, fresh fruit or juice  <b>Lunch</b> Chili w/ crackers, sliced cheese, carrots & broccoli w/ dip, applesauce or apple crisp, milk	<b>10 Breakfast</b> Breakfast pizza or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Cheesy Turkey on bun, corn, garden salad, applesauce, milk	<b>11 Breakfast</b> Cinnamon roll or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Ham, turkey & cheese wrap, salad fixings, chips, fresh oranges milk
<b>14 Breakfast</b> Pancake or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Hot dog on bun, baked beans, coleslaw, fresh fruit, milk	<b>15 Breakfast</b> Whole-grain English muffin w/ sausage & cheese or cereal, milk, fresh fruit or juice  <b>Lunch</b> Turkey gravy, mashed potatoes, corn, bread & butter, garden salad, pears, milk	<b>16 Breakfast</b> Scrambled eggs & toast or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Chicken noodle soup, Egg or cheese Sandwich, garden salad, mixed fruit, milk	<b>17 Breakfast</b> Whole-grain waffle or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Chicken patty on bun, garden bar fixings, carrots, fresh fruit, milk	<b>18 Breakfast</b> Cinnamon roll or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> French toast sticks w/ syrup sausage link, hash browns, fresh fruit, milk
<b>21 Breakfast</b> Pancake or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Chicken nuggets, corn, Caesar salad, applesauce, milk	<b>22 Breakfast</b> Pancake on a stick or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Hot ham & cheese on a bun fresh carrots, garden salad pears, milk	<b>23 Breakfast</b> French toast sticks w/ syrup or cold cereal, sausage links, milk, fresh fruit or juice  <b>Lunch</b> Tomato Pasta Soup, grilled Cheese, Chef's Choice Vegetable, peaches, milk	<b>24 Breakfast</b> Breakfast pizza or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> BBQ on a bun, fresh broccoli, Caesar salad, fresh fruit, milk	<b>25 Breakfast</b> Cinnamon roll or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Turkey, ham & cheese hoagies, garden fixings, green beans, mandarin oranges, milk
<b>28 Breakfast</b> Pancake or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Pizza, carrots, garden salad, pears, milk	<b>29 Breakfast</b> Whole-grain English muffin w/ sausage & cheese or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Chicken strips, green beans, Caesar salad, bread & butter applesauce, milk	<b>30 Breakfast</b> Scrambled eggs & toast or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Pulled pork on a bun, baked beans, coleslaw, peaches, milk	<b>31 Breakfast</b> Whole-grain waffle or cold cereal, milk, fresh fruit or juice  <b>Lunch</b> Tacos, salad bar fixings, black bean salad, corn, fresh fruit, milk	