

# Lorena Primary School

## January 2010

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|---|--|---|--|---|
| <b>4.</b> <i>Waffles, syrup, Sausage, Juice</i><br><b>1. Mini Sub or</b><br><b>2. Hot Dog</b><br>Salad w/pickles - Squash<br>Fruit - Gold Fish Crackers | <b>5.</b> <i>Cereal, Toast, Juice</i><br><b>1. Steak Fingers or</b><br><b>2. Chicken Nuggets</b><br>Mashed Potatoes, Gravy<br>Green Beans – Fruit – Bread  | <b>6.</b> <i>Chicken Biscuit, Juice</i><br><b>1. Macaroni &amp; Meat, Bread or</b><br><b>2. Ham &amp; Cheese Sandwich</b><br>Broccoli, Fresh Carrots<br>Fruit | <b>7.</b> <i>Eggs, Sausage, Toast, Juice</i><br><b>1. Corn Dog or</b><br><b>2. Yogurt &amp; Grilled Cheese</b><br>Baked Beans - Spinach<br>Fruit – Graham Crackers | <b>8.</b> <i>Breakfast Bagel Pizza, juice</i><br><b>1. Pizza or</b><br><b>2. P B &amp; J</b><br>Corn – Salad – Fruit<br>Cookie  |
| <b>11.</b> <i>Pancake, Sausage, Juice</i><br><b>1. Fish Nuggets or</b><br><b>2. Chicken Nuggets</b><br>Potato Wedges<br>Vegetable Blend - Fruit         | <b>12.</b> <i>Cereal, Toast, Juice</i><br><b>1. Crispito or</b><br><b>2. Burrito</b><br>Ranch Beans - Salad<br>Fruit                                       | <b>13.</b> <i>Sausage Biscuit, Juice</i><br><b>1. Chicken &amp; Noodles or</b><br><b>2. Yogurt &amp; Grilled Cheese</b><br>Green Peas - Carrots<br>Fruit      | <b>14.</b> <i>Breakfast Burrito, Juice</i><br><b>1. Chili w/Beans, Crackers or</b><br><b>2. Pizza Pocket</b><br>Corn – Fresh Carrots<br>Fruit                      | <b>15.</b> <i>Muffins, Cheese Toast, Juice</i><br><b>1. Hamburger or</b><br><b>2. Corn Dog</b><br>Fries – Salad w/pickles<br>Fruit  |
| <b>18.</b><br><br>No<br>School  | <b>19.</b> <i>Cereal, Toast, Juice</i><br><b>1. Chicken Nuggets or</b><br><b>2. Steak Fingers</b><br>Cheezy Potatoes,<br>Green Beans, Fruit<br>Wheat Bread | <b>20.</b> <i>Breakfast Pizza, Toast, Juice</i><br><b>1. Sloppy Joes or</b><br><b>2. Ham &amp; Cheese Sandwich</b><br>Baked Beans, Pickles<br>Fruit           | <b>21.</b> <i>Sausage/Pancake on Stick, Juice</i><br><b>1. Mac &amp; Cheese w/ham or</b><br><b>2. Hot Dog</b><br>Black-eyed peas<br>Spinach - Fruit                | <b>22.</b> <i>Cinnamon Tastries, Sausage Patty, Juice</i><br><b>1. Pizza or</b><br><b>2. P B &amp; J</b><br>Corn - Salad - Fruit<br>Cookie  |
| <b>25.</b> <i>Waffles, syrup, Sausage, Juice</i><br><b>1. Cool Deli Wrap or</b><br><b>2. PB &amp; J</b><br>Fresh Carrots<br>Broccoli – Fruit - Cookie   | <b>26.</b> <i>Cereal, Toast, Juice</i><br><b>1. Salisbury Steak or</b><br><b>2. Chicken Patty</b><br>Mashed Potatoes, gravy<br>Green Beans – Fruit - Roll  | <b>27.</b> <i>Chicken Biscuit, Juice</i><br><b>1. Chicken Quesdilla or</b><br><b>2. Yogurt &amp; Grilled Cheese</b><br>Pinto Beans - Salad<br>Fruit           | <b>28.</b> <i>Eggs, Sausage, Toast, Juice</i><br><b>1. Beanie Weenies or</b><br><b>2. Macaroni &amp; Cheese</b><br>Popeye Salad - Corn<br>Fruit - Bread            | <b>29.</b> <i>Breakfast Bagel Pizza, Juice</i><br><b>1. Hamburger or</b><br><b>2. Corn Dog</b><br>Salad w/pickles - Fries<br>Fruit  |
|   |  |   | Choice of fat-free chocolate<br>or 1% white milk served<br>daily with breakfast & lunch  | Applications for Free/Reduced<br>price school meals may be<br>submitted any time during the<br>school year. You pay pick an<br>application up at the school office<br>or the Administration building. |

Menu subject to change with out notice.