

JANUARY 2018

EAST BERNSTADT INDEPENDENT SCHOOL

<u>Elementary & Middle</u>	<u>Adults</u>
Breakfast \$ 0.00	\$ 2.50
Lunch \$ 0.00	\$ 3.50

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL ¹	² Corn dog, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit cup, Fresh Fruit, 100% Fruit Juice Baked Chips & Cookie Var. of Milk	³ Hamburger or Cheeseburger, Sandwich, Chef Salad, Baked Beans or Fries, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Bun Var. of Milk	⁴ Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Crust Var. of Milk	⁵ Baked Ham, Sandwich, Chef Salad, Green Beans or Mashed Pot., Fruit cup, Fresh Fruit, 100% Fruit Juice WG Roll Var. of Milk
⁸ Chicken Strips, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Roll Var. of Milk	⁹ Hot Dog & Chili, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit cup, Fresh Fruit, 100% Fruit Juice Baked Chips & Cookie Var. of Milk	¹⁰ Chicken Patty, Sandwich, Chef Salad, Baked Beans or Fries, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Bun Var. of Milk	¹¹ Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Crust Var. of Milk	¹² Chili/Chips/Cheese, Sandwich, Taco Salad, Refried Beans or Fresh Broccoli, Fruit cup, Fresh Fruit, 100% Fruit Juice Baked Scoops & Mex. Rice Var. of Milk
NO SCHOOL ¹⁵	¹⁶ Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Toast & Cookie Var. of Milk	¹⁷ Grilled Cheese, BBQ Sandwich, Chef Salad, Baked Beans or Soup, Fruit Cup, Fresh Fruit, 100% Fruit Juice WG Bun & Crackers Var. of Milk	¹⁸ Cheesy Bread w/Marinara Sauce, Pepperoni Calzone, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Crust Var. of Milk	¹⁹ Salisbury Steak w/Gravy, Sandwich, Chef Salad, Green Beans or Mashed Pot., Fruit cup, Fresh Fruit, 100% Fruit Juice WG Roll Var. of Milk
²² Chicken Strips, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Roll Var. of Milk	²³ Hot Dog & Chili, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit cup, Fresh Fruit, 100% Fruit Juice Baked Chips & Cookie Var. of Milk	²⁴ Chicken Patty, Sandwich, Chef Salad, Baked Beans or Fries, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Bun Var. of Milk	²⁵ Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Crust Var. of Milk	²⁶ Chili/Chips/Cheese, Sandwich, Taco Salad, Refried Beans or Fresh Broccoli, Fruit cup, Fresh Fruit, 100% Fruit Juice Baked Scoops & Mex. Rice Var. of Milk
²⁹ Chicken Nuggets, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Roll Var. of Milk	³⁰ Corn dog, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit cup, Fresh Fruit, 100% Fruit Juice Baked Chips & Cookie Var. of Milk	³¹ Hamburger or Cheeseburger, Sandwich, Chef Salad, Baked Beans or Fries, Fruit cup, Fresh Fruit, 100% Fruit Juice WG Bun Var. of Milk		

Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.

This menu is subject to change based on available food items.