

JANUARY 2019

EAST BERNSTADT INDEPENDENT SCHOOL

	Elementary & Middle	Adults
Breakfast	\$0.00	\$2.50
Lunch	\$0.00	\$3.50

Monday

Tuesday

Wednesday

Thursday

Friday

2019



7
 Chicken Bites,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

8
 Hamburger or Cheeseburger,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

9
 Corn Dog, BBQ
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

3
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

4
 Meat Loaf,
 Sandwich, Chef Salad,
 Green Beans or Mashed Pot.,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

14
 Chicken Strips,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

15
 Hot Dog & Chili,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

16
 Chicken Patty,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

17
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

18
 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

21
NO SCHOOL

22
 Spaghetti w/Meat Sauce,
 Sandwich, Chef Salad,
 Tossed Salad or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 WG Toast & Cookie
 Var. of Milk

23
 Grilled Cheese,
 BBQ Sandwich, Chef Salad,
 Baked Beans or Soup,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun & Crackers
 Var. of Milk

24
 Cheesy Bread, Pepperoni
 Calzone, Chef Salad,
 Corn or Tossed Salad,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

25
 Tangerine Chicken Stir Fry,
 Sandwich, Chef Salad,
 Calif. Blend Veggies or Egg Roll,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll & Asian Rice
 Var. of Milk

28
 Chicken Nuggets,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

29
 Corn Dog, BBQ
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

30
 Hamburger or Cheeseburger,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

31
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 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.

