

JANUARY 2022

East Bernstadt Independent School

Monday

3
Chicken Nuggets,
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

10
Chicken Tenders,
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

17
**No
School**

24
Chicken Tenders,
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

31
Chicken Nuggets,
Sandwich, Chef Salad,
Broccoli & Cheese or
Carrots,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

Tuesday

4
Corn Dog,
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

11
Spaghetti w/Meat
Sauce,
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Toast
Var. of Milk

18
BBQ Sandwich,
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

25
Spaghetti w/Meat
Sauce,
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Toast
Var. of Milk

Wednesday

5
Cheese or
Pepp. Pizza,
Sandwich, Chef Salad,
Corn or Green Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Crust
Var. of Milk

12
Little Caesars Pizza,
Sandwich,
Chef Salad,
Corn or Green Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

19
Cheese or
Pepp. Pizza,
Sandwich, Chef Salad,
Corn or Green Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Crust
Var. of Milk

26
Little Caesars Pizza,
Sandwich,
Chef Salad,
Corn or Green Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

Thursday

6
Hamburger or
Cheeseburger,
Sandwich, Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

13
Hot Dog & Chili,
Sandwich,
Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

20
Hamburger or
Cheeseburger,
Sandwich, Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

27
Hot Dog & Chili,
Sandwich,
Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

Friday

7
Baked Ham,
Sandwich, Chef Salad,
Green Beans or Mashed
Pot.,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

14
Fajita Chicken Wrap
Sandwich, Chef Salad,
Broccoli & Cheese or
Refried Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
Baked Doritos
Var. of Milk

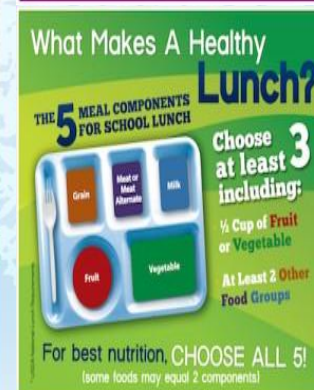
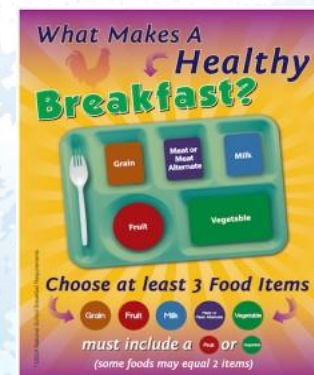
21
Baked Ham,
Sandwich, Chef Salad,
Green Beans or Mashed
Pot.,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

28
Chili/Chips/Cheese,
Sandwich, Taco Salad,
Broccoli & Cheese or
Refried Beans,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
Baked Scoops
Var. of Milk

MENU SUBJECT TO
CHANGE School Breakfast
and Lunch Programs are
facing extreme difficulties
with the food supply chain
at this time. Menu changes
may occur without notice.

	Elementary & Middle	Adults
Breakfast	\$0.00	\$2.75
Lunch	\$0.00	\$4.60

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



This institution is an equal
opportunity Provider.

DID YOU KNOW?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.