

January 2023

East Bernstadt Independent School

Monday

NO SCHOOL

2

Tuesday

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

3

Wednesday

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

4

Thursday

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

5

Friday

Chicken Patty Sandwich,
Sandwich, Chef Salad,
Green Beans or Scalloped Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bun
Var. of Milk

6

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

9

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

10

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

11

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

12

NO SCHOOL

13

NO SCHOOL

16

Grilled Cheese/Soup
Sandwich, Chef Salad,
Baked Beans or Peas,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Bread
Var. of Milk

17

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

18

Sloppy Joe Sandwich
Sandwich, Chef Salad,
Fries or Sweet Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Cookie
Var. of Milk

19

Chicken w/Gravy
Sandwich, Chef Salad
Green Beans or Hash Brown,
Baked Apples, Fresh Fruit,
100% Fruit Juice
WG Biscuit
Var. of Milk

20

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

23

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

24

Little Caesars Pizza
Sandwich, Chef Salad,
Corn or Toss Salad,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
Var. of Milk

25

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

26

Meatloaf,
Sandwich, Chef Salad,
Green Beans or Mashed Potatoes,
Fruit Cup, Fresh Fruit,
100% Fruit Juice
WG Roll
Var. of Milk

27

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

30

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

31

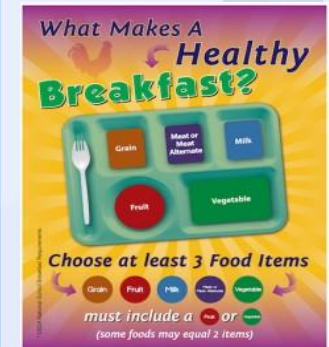
Did you know?

As of January 3, 1959, Alaska officially became the 49th state of the United States.

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	\$3.00
Lunch	\$0.00	\$5.00

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.