



**SCHUYLKILL HAVEN AREA SCHOOL DISTRICT
BREAKFAST & LUNCH MENU
January 2019**



Monday		Tuesday		Wednesday		Thursday		Friday	
31	<u>BREAKFAST</u> Winter Break	1	<u>BREAKFAST</u> Winter Break	2	<u>BREAKFAST</u> Bagel Yogurt Fresh Fruit or Juice Milk <u>LUNCH</u> A. Cheese Steak B. Chicken Patties C. P.B. & Jelly Corn French Fries Peaches Banana	3	<u>BREAKFAST</u> Mini-Waffles Fresh Fruit or Juice Milk <u>LUNCH</u> A. Chicken Fajita B. Chicken Patties C. P.B. & Jelly Lettuce-Tomatoes-Salsa Cheese-Soft Pretzel Fruit Sherbet Pears	4	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Pizza Wedge B. Chicken Patties C. P.B. & Jelly Baby Carrots Summer Blend Vegetables Pineapples Grapes
7	<u>BREAKFAST</u> Cinni Mini Bun Fresh Fruit & Juice Milk <u>LUNCH</u> A. Meatball Hoagie B. Pizza C. P.B. & Jelly Green Beans Mashed Potatoes Mixed Fruit Yogurt	8	<u>BREAKFAST</u> Pancakes Fresh Fruit & Juice Milk <u>LUNCH</u> A. Pasta w/Meat Sauce B. Pizza C. P.B. & Jelly Garbanzo Beans Romaine Salad - Tomatoes Dinner Roll (HS) Pears Clementine	9	<u>BREAKFAST</u> Pop Tart Whole Grain Cereal Fresh Fruit & Juice Milk <u>LUNCH</u> A. Pop-Corn Chicken B. Pizza C. P.B. & Jelly Peas Rice Cucumber Slices Pineapples Grapes	10	<u>BREAKFAST</u> Nutri-Grain Bar Fresh Fruit & Juice Milk <u>LUNCH</u> A. Ham Sub B. Pizza C. P.B. & Jelly Baby Carrots - Sun Chips Lettuce & Tomatoes Apple Crumb	11	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Fish Sticks B. Pizza C. P.B. & Jelly Celery w/Dip Potato Rounds Banana Applesauce
14	<u>BREAKFAST</u> Pop - Tarts Fresh Fruit & Juice Milk <u>LUNCH</u> A. Chicken Strips B. Beef BBQ C. P.B.& Jelly Mashed Potatoes Winter Blend Vegetables Mixed Fruit	15	<u>BREAKFAST</u> Fruit-Filled Pancakes Fresh Fruit & Juice Milk <u>LUNCH</u> A. Pork BBQ B. Beef BBQ C. P.B. & Jelly Baked Potatoes Celery & Baby Carrots Oranges	16	<u>BREAKFAST</u> French Toast Sticks Fresh Fruit & Juice Milk <u>LUNCH</u> A. Cheese Burger B. Beef BBQ C. P.B. & Jelly Lettuce & Tomatoes Hash Brown Pears Peaches	17	<u>BREAKFAST</u> Graham Crackers Yogurt Fresh Fruit & Juice Milk <u>LUNCH</u> A. Taco in a bag B. Beef BBQ C. P.B.& Jelly Salsa - Cheese Soft Pretzel Lettuce Tomato Cup Refried Beans-Grapes Fruit Sherbert	18	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Mac & Cheese B. Beef BBQ C. P.B. & Jelly Summer Blend Vegetables Stewed Tomatoes Apple Pineapples
21	<u>BREAKFAST</u> Egg & Cheese Omelet Fresh Fruit & Juice Milk <u>LUNCH</u> A. Beef Ravioli B. Hot Dog C. P.B.&Jelly Corn Muffin Salad-Garbanzo Beans Grapes Tropical Fruit Fresh Fruit & Veggies	22	<u>BREAKFAST</u> Chocolate Chip Waffle Fresh Fruit & Juice Milk <u>LUNCH</u> A. Chicken Pattie B. Hot Dog C. P.B.& Jelly Potato Fries Lettuce-Tomamto Cup Fresh Fruit & Veggies	23	<u>BREAKFAST</u> Whole Grain Cereal Mini Muffin Fresh Fruit & Juice Milk <u>LUNCH</u> A. Hamburger on Roll B. Hot Dog C. P.B. & Jelly Bake Beans Steamed Broccoli Mandarin Oranges Fresh Fruit & Veggies Yogurt	24	<u>BREAKFAST</u> Breakfast Pizza Fresh Fruit & Juice Milk <u>LUNCH</u> A. Turkey Sub B. Hot Dog C. P.B. & Jelly Lettuce-Tomato Sun Chips-Baby Carrots Fresh Fruit & Veggies	25	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Pierogies B. Hot Dog C. P.B. & Jelly Corn Salad Fresh Fruit & Veggies

Breakfast..... \$1.10 LUNCH
Breakfast (Reduced)... \$0.30
Lunch (Reduced)..... \$0.40

Elementary..... \$2.35
Middle School..... \$2.45
High School..... \$2.65

*MENUS SUBJECT TO CHANGE AS REQUIRED.
Choice of fresh fruits, salads and vegetables daily
Choice of 1%, chocolate and skim milk available daily