



**SCHUYLKILL HAVEN AREA SCHOOL DISTRICT
BREAKFAST & LUNCH MENU
January 2020**



Monday	Tuesday	Wednesday	Thursday	Friday
30 <u>BREAKFAST</u> Winter Break	31 <u>BREAKFAST</u> Winter Break	1 <u>BREAKFAST</u> Winter Break	2 <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	3 <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
6 <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	7 <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	8 <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	9 <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	10 <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
13 <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	14 <u>BREAKFAST</u> Fruit-Filled Pancakes Fresh Fruit & Juice Milk <u>LUNCH</u> A. Shepards Pie B. Beef BBQ C. P.B. & Jelly Carrots Celery Fruit Choice	15 <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	16 <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	17 <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
20 <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 Fresh Fruit & Veggies	21 <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-Tomato Cup Fresh Fruit & Veggies	22 <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 Potato Fries Mandarin Oranges Fresh Fruit & Veggies	23 <u>BREAKFAST</u> Breakfast Pizza Fresh Fruit & Juice Milk <u>LUNCH</u> A. Lasagna B. Hot Dog C. P.B. & Jelly Salad Rolls w/ Spread Fresh Fruit & Veggies	24 <u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Pierogies B. Hot Dog C. P.B. & Jelly Corn 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