

**MINGO COUNTY SCHOOLS – CHILD NUTRITION  
HIGH SCHOOL BREAKFAST/LUNCH MENU  
January 2019**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
No School	1 Holiday	2 No School for Students	3 Cook's Choice	4 Cook's Choice
7 Cook's Choice	8 Cook's Choice	9 Breakfast Pizza Fruit & Juice ----- <b>Tacos/Taco Salad</b> Lettuce, Tomato & Cheese Refried Beans Spanish Rice Salsa Mandarin Oranges Milk	10 Mini Breakfast Rounds Yogurt Fruit & Juice ----- <b>Chicken &amp; Noodles</b> Broccoli Parmesan Honey Carrot Coins Cornbread Fruit Choice Milk Scooby Bones	11 Sausage Biscuit Fruit & Juice ----- <b>NATIONAL MILK DAY</b> <b>Hot Dog w/Chili on Bun</b> Baked Oven Fries Cole Slaw Fruit Choice Milk Rice Crispy Bar
14 Pancake on a Stick Fruit & Juice ----- <b>Chicken Taco in a Bag</b> Lettuce, Tomato & Cheese Refried Beans Spanish Rice Salsa Mandarin Oranges Milk	15 French Toast Sticks Fruit & Juice ----- <b>Pizza Wedge</b> Steamed Corn Broccoli Parmesan Fruit Choice Milk Scooby Bones	16 Chicken Slider Fruit & Juice ----- <b>Vegetable Beef Soup</b> Toasted Cheese Sandwich Carrot Sticks w/Dip Caesar Salad Apple Crisp Milk Fruit Choice	17 Muffin & String Cheese Fruit & Juice ----- <b>Steak &amp; Gravy</b> Mashed Potatoes Green Beans WG Hot Roll w/ Margarine Fruit Choice Milk	18 Egg Biscuit Fruit & Juice ----- <b>Chicken Tenders</b> Macaroni & Cheese Cole Slaw Steamed Peas Fruit Choice Milk Pudding Cup
21 HOLIDAY	22 Breakfast Pizza Fruit & Juice ----- <b>Breakfast for Lunch</b> Sausage Eggs Biscuit Gravy Warm Apples Diced Potatoes Salsa Milk WG Toast	23 MVP Breakfast & Yogurt Fruit & Juice ----- <b>Chicken Teriyaki Nuggets</b> Mashed Potatoes Baked Beans WG Hot Roll Fruit Choice Milk	24 Ham & Cheese Croissant Fruit & Juice ----- <b>Beefaroni</b> Caesar Salad w/ Croutons Steamed Corn Garlic French Bread Fruit Choice Milk Sherbet	25 Breakfast Pastry/String Cheese Fruit & Juice ----- <b>Pepperoni Roll</b> Broccoli Parmesan Honey Carrot Coins Fruit Choice Milk Yogurt Chex Mix
28 Honeybun & Yogurt Fruit & Juice ----- <b>Cheeseburger on Bun</b> Oven Baked Fries Pork and Beans Fruit Choice Milk Fruit Sidekick	29 Chicken Biscuit Fruit & Juice ----- <b>Chili w/ Beans</b> Grilled Cheese Sandwich Crackers Caesar Salad Baked Potato Milk Jello Fruit Choice	30 Fruit Dunkers w/French Toast Sticks Fruit & Juice ----- <b>School Made Pizza</b> Broccoli Parmesan Steamed Corn Fruit Choice Milk Yogurt Rice Crispy Bar	31 Pancake on a Stick Fruit & Juice ----- <b>Spaghetti w/Meat Sauce</b> Caesar Salad Honey Carrot Coins WG Hot Roll Fruit Choice Milk	<b>**** Lunch choices include milk, fresh fruits and vegetables on the salad bar. **** Breakfast choices include fresh fruit, fruit juice, milk, yogurt and cereal.</b>

**MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."**