




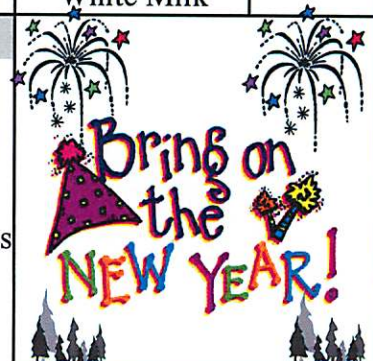



BSSD January 2019 Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Jan 4 COOKS' CHOICE Fruit 2 Grain Bread •OR• 1 Grain Bread & 1 Meat Milk	Jan 5 
Jan 6 	Jan 7 Apricots Hot Oatmeal w/Raisins Cinnamon Toast Milk	Jan 8 Blueberries Egg & Cheese Omelet Salsa Milk	Jan 9 Craisins Cinnamon Rolls Butter Milk	Jan 10 Cooks' Choice Fruit French Toast Syrup Milk	Jan 11 Grapefruit Sections Pancake & Sausage on Stick Syrup Milk	Jan 12
Jan 13	Jan 14 Cooks' Choice Juice Assorted Dry Cereal Graham Cracker w/Peanut Butter Milk	Jan 15 Apricots Biscuits & Gravy Milk	Jan 16 Pineapple Chunks Waffles Sausage Patty Milk	Jan 17 Strawberries Cream of Wheat Cinnamon Toast Milk	Jan 18 Mixed Berries Buttermilk Pancakes Syrup Milk	Jan 19 
Jan 20	Jan 21 Grapefruit Sections Breakfast Bites Syrup Milk	Jan 22 Mixed Fruit Scrambled Eggs Toast w/Jelly Milk	Jan 23 Applesauce Blueberry Muffins Sausage Links Milk	Jan 24 Mangos Cinnamon Streusel Coffee Cake Sausage Patty Milk	Jan 25 Peaches French Toast Syrup Milk	Jan 26
Jan 27 	Jan 28 Apricots Breakfast Wraps Salsa Milk	Jan 29 Mangos Lemon Poppy Seed Sausage Patty Milk	Jan 30 Peaches Breakfast Pizza Toast w/Jelly Milk	Jan 31 Applesauce Assorted Dry Cereal Graham Crackers Milk	 <p>I choose to make</p> <p>POSITIVE HEALTHY CHOICES</p> <p>FOR MYSELF</p> 	

BERING STRAIT SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER

BSSD January 2019 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The function of education is to teach one to think intensively and to think critically. Intelligence plus character - That is the goal of true education.</p> <p>Martin Luther King, Jr.</p>					<p>Jan 4</p> <p>Pears</p> <p>Pepperoni Pizza</p> <p>Corn</p> <p>Charlie's Bread</p> <p>Chocolate or White Milk</p>	<p>Jan 5</p> 
						
Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12
	<p>Mixed Fruit</p> <p>Burritos</p> <p>Vegetable Blend</p> <p>Cornbread w/Honey</p> <p>Milk</p>	<p>Pineapple Chunks</p> <p>Baked Alaskan Silver Salmon</p> <p>Creamed Spinach</p> <p>Brown Rice</p> <p>Milk</p>	<p>Peaches</p> <p>Spaghetti & Meatballs</p> <p>Peas & Carrots</p> <p>Garlic Bread</p> <p>Milk</p>	<p>Mixed Berries</p> <p>Toasted Turkey Cheese Sandwiches</p> <p>Tomato Soup w/Crackers</p> <p>Peas</p> <p>Milk</p>	<p>COOKS' CHOICE</p> <p>Fruit</p> <p>Main Dish</p> <p>Vegetable</p> <p>Grain</p> <p>Milk</p>	
Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19
	<p>Strawberries</p> <p>Corn Dogs</p> <p>Sliced Carrots</p> <p>Sweet Potato Fries</p> <p>Milk</p>	<p>Mangos</p> <p>Teriyaki Chicken</p> <p>Mixed Vegetables</p> <p>Brown Fried Rice</p> <p>Egg Rolls</p> <p>Milk</p>	<p>Applesauce</p> <p>Shrimp Poppers</p> <p>Baked Beans</p> <p>Ancient Grain w/Kale</p> <p>Milk</p>	<p>Mandarin Oranges</p> <p>Beef Shepherd's Pie</p> <p>Broccoli</p> <p>Tater Tots</p> <p>Milk</p>	<p>Peaches</p> <p>Tuna Salad Sandwich</p> <p>Green Beans</p> <p>Pasta Salad</p> <p>Chocolate or White Milk</p>	
Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26
	<p>Pears</p> <p>Chicken Nuggets</p> <p>Vegetable Blend</p> <p>Baking Powder Biscuits</p> <p>Milk</p>	<p>Peaches</p> <p>Quesadillas</p> <p>Chicken Vegetable Soup w/Crackers</p> <p>Corn</p> <p>Milk</p>	<p>Mandarin Oranges</p> <p>Beef Taco Pie</p> <p>Southwestern Blackbean Salad</p> <p>Tortilla Chips</p> <p>Milk</p>	<p>Apricots</p> <p>Chicken & Rice Casserole</p> <p>Creamed Spinach</p> <p>Garlic Bread</p> <p>Milk</p>	<p>Mixed Fruit</p> <p>Hamburgers</p> <p>Sugar Snap Peas</p> <p>Tater Tots</p> <p>Chocolate or White Milk</p>	
Jan 27	Jan 28	Jan 29	Jan 30	Jan 31		
	<p>Applesauce</p> <p>Popcorn Chicken</p> <p>Baked Beans</p> <p>Tater Sticks</p> <p>Milk</p>	<p>Pears</p> <p>Ground Beef Stroganoff</p> <p>Sliced Carrots</p> <p>Slice of Bread</p> <p>Milk</p>	<p>Mangos</p> <p>Tuna Noodle Casserole</p> <p>Broccoli</p> <p>Pilot Bread Cracker</p> <p>Milk</p>	<p>Mixed Fruit</p> <p>Chicken Fajitas</p> <p>Mixed Vegetables</p> <p>Cornbread w/Honey</p> <p>Milk</p>		