


BSSD January 2020 Breakfast Menu

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

SOMETIMES I'VE
 BELIEVED AS MANY
 AS SIX impossible
 THINGS BEFORE
 BREAKFAST.

-Lewis Carroll







I choose to make
 POSITIVE HEALTHY CHOICES
 FOR MYSELF

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Menu subject to change

BSSD January 2020 Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 5	Jan 6	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11
	Strawberries Corn Dogs Sliced Carrots Sweet Potato Fries Milk	Pineapple Chunks Fish Sticks Creamed Spinach Brown Rice Milk	Pears Pepperoni Pizza Corn Brownies Milk	Mixed Berries Toasted Turkey Cheese Sandwiches Tomato Soup w/Crackers Peas Milk	COOKS' CHOICE Fruit Main Dish Vegetable Grain Milk	
Jan 12	Jan 13	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18
	Mixed Fruit Burritos Mixed Vegetables Cornbread w/Honey Milk	Mangos Cherry Blossom Chicken Sliced Carrots Brown Rice Egg Rolls Milk	Applesauce Baked Silver Salmon Peas & Carrots Ancient Grain Rice w/Kale Milk	Mandarin Oranges Beef Shepherd's Pie Broccoli Tater Tots Milk	Peaches Oven Roasted Chicken Baked Beans Pasta Salad Chocolate or White Milk	
Jan 19	Jan 20	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25
	Pears Chicken Nuggets Vegetable Blend Baking Powder Biscuits Milk	Blueberries Taco Casserole Corn Southwestern Blackbean Salad Milk	Mandarin Oranges Sloppy Joes Sliced Carrots Saltines Milk	Mangos Chicken Tetrazzini Creamed Spinach Garlic Bread Milk	Applesauce Shrimp Poppers Peas Hot Rolls Chocolate or White Milk	
Jan 26	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31	Feb 1
	Applesauce Popcorn Chicken Baked Beans Tater Sticks Milk	Pears Sloppy Joes Sliced Carrots Sweet Potato Fries Milk	Mangos Tuna Noodle Casserole Broccoli Pilot Bread Cracker Milk	Mixed Fruit Chicken Fajitas Mixed Vegetables Cornbread w/Honey Milk	Mandarin Oranges Hamburgers Green Beans Pasta Salad Chocolate or White Milk	

"Intelligence plus character—that is the goal of true education."



Martin Luther King, Jr.



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Menu subject to change