



JANUARY | 2018

EPBP LAKER SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Harvest of the Month "Peas"	2 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Chicken Nuggets W/G Cracker Carrots Chicken Noodle Soup with Fish Crackers Skim, FF or Low-Fat Milk	3 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Baked Cheese Sticks Broccoli Skim, FF or Low-Fat Milk	4 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Chili Dog W/G Bun Winter Blend Meatloaf & Cheesy Potatoes Skim, FF or Low-Fat Milk	5 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Pizza Brussel Sprouts Skim, FF or Low-Fat Milk
8 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Rib BQ W/G Bun Beets Skim, FF or Low-Fat Milk	9 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Stuffed Pretzel Green Beans Chili With Cornbread Skim, FF or Low-Fat Milk	10 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Baked Chicken Leg W/G Roll Potato Smiles Skim, FF or Low-Fat Milk	11 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Cheese Quesadilla Peas & Carrots Egg Salad on a Croissant Skim, FF or Low-Fat Milk	12 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Pizza Spinach Skim, FF or Low-Fat Milk
15 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Calzone Sweet Potato Tots Skim, FF or Low-Fat Milk	16 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Goulash W/G Breadstick Corn Turkey, Bacon Wrap with Laker Awesome Sauce Skim, FF or Low-Fat Milk	17 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Bosco Sticks California Blend Skim, FF or Low-Fat Milk	18 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Chicken Poppers W/G Cracker Broccoli Beef Vegetable Soup With Roll Skim, FF or Low-Fat Milk	19 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch ½ Day No Lunch
22 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Ravioli W/G Cracker Cauliflower Skim, FF or Low-Fat Milk	23 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Chicken Gravy, Mashed Potatoes W/G Roll Spinach Sweet & Sour Pork With Noodles Skim, FF or Low-Fat Milk	24 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Walking Taco Corn Skim, FF or Low-Fat Milk	25 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Mini Burgers Pea's Chicken & Dumplings Skim, FF or Low-Fat Milk	26 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Pizza Carrots Skim, FF or Low-Fat Milk
29 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Mini Corn Dogs Green Beans Skim, FF or Low-Fat Milk	30 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch BBQ Riblet Broccoli Baked Potato with Chili & Toppings Skim, FF or Low-Fat Milk	31 Breakfast "Grab-n-Go" Fruit, FF or Low-Fat Milk Lunch Nacho's Refried Beans Skim, FF or Low-Fat Milk		

LAKER NEWS

Elementary Optional Selections

Monday-Chicken Pattie & WG Bun
Tuesday-PBJ & Cheese Stick
Wednesday-Fish Patty & WG Bun
Thursday-Hot Dog & WG Bun
Friday-Chicken Tenders
Everyday Choice- Yogurt & Granola

Secondary Optional Selections

With Assorted Daily Specials

Salad Bar Vegetables/Fruits

Romaine Lettuce, Spinach, Broccoli, Cauliflower, Carrots, Red Peppers, Legumes, Cucumbers, Onions, Fresh Fruit & Canned Fruit

Milk Choices

Low-Fat, 1% White, Fat Free, Chocolate, Skim

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