



# JANUARY | 2019

## EPBP LAKER SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> <u>Breakfast Prices</u>          DK – 5<sup>th</sup> \$1.30          6<sup>th</sup> – 12<sup>th</sup> \$1.40          Adult \$1.90          Extra Milk \$ .35          “Grab-n-Go” Includes bowl of WG cereal, fruit juice, graham cracker or pop-tart</p>	<p><b>1</b> <u>Lunch Prices</u>          DK – 5<sup>th</sup> \$2.30          6<sup>th</sup> – 12<sup>th</sup> \$2.50          Adult \$3.30          Extra Milk \$ .35</p>	<p><b>2</b>          HARVEST OF THE MONTH          “GREEN BEANS”</p>	<p><b>3</b>          NO SCHOOL</p>	<p><b>4</b>          NO SCHOOL</p>
<p><b>7</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Calzone          Broccoli          Skim, FF or Low-Fat Milk</p>	<p><b>8</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          BBQ Riblets W/G Cracker          Peas          Italian Sausage/Flatbread          Skim, FF or Low-Fat Milk</p>	<p><b>9</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Mini Corn Dogs          Carrots          Skim, FF or Low-Fat Milk</p>	<p><b>10</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Beef Burrito W/G Rice          Baked Beans          Chicken Oriental Salad W/Roll          Skim, FF or Low-Fat Milk</p>	<p><b>11</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Pizza          Mixed Vegetables          Skim, FF or Low-Fat Milk</p>
<p><b>14</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          BBQ Pork W/G Bun          Sweet Potatoes          Skim, FF or Low-Fat Milk</p>	<p><b>15</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Mini Burgers          Potato Smiles          Roast Beef &amp; Provolone          On a Pretzel Bun          Skim, FF or Low-Fat Milk</p>	<p><b>16</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Bosco Sticks          Broccoli          Skim, FF or Low-Fat Milk</p>	<p><b>17</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Fajita’s          Refried Beans          White Chicken Chili          Skim, FF or Low-Fat Milk</p>	<p><b>18</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk    <u>No Lunch</u>          ½ Day</p>
<p><b>21</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Grilled Cheese          Chicken Soup          Carrots          Skim, FF or Low-Fat Milk</p>	<p><b>22</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Cheese Quesadilla          Corn          Empanada’s          Skim, FF or Low-Fat Milk</p>	<p><b>23</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Breakfast for Lunch          Hash Browns          Skim, FF or Low-Fat Milk</p>	<p><b>24</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Chicken Nuggets W/G Roll          Brussel Sprouts          Swedish Meatballs on Noodles          Skim, FF or Low-Fat Milk</p>	<p><b>25</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Pizza          Broccoli          Skim, FF or Low-Fat Milk</p>
<p><b>28</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Philly Steak &amp; Cheese          On W/G Bun          Spinach          Skim, FF or Low-Fat Milk</p>	<p><b>29</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Baked Cheese Sticks          Squash          Shepherd’s Pie          Skim, FF or Low-Fat Milk</p>	<p><b>30</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Baked Chicken Leg          Mashed Potatoes          W/G Roll          Skim, FF or Low-Fat Milk</p>	<p><b>31</b>  <u>Breakfast</u>          “Grab-n-Go”          Fruit, FF or Low-Fat Milk  <u>Lunch</u>          Taco’s          Refried Beans          Italian Wrap          Skim, FF or Low-Fat Milk</p>	<p><b>1</b></p>

### 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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