

CROSBY-IRONTON SCHOOLS MEAL MENU -

JANUARY 7-18

2019

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

USDA is an equal opportunity provider and employer.

7	8	9	10	11
Maple pancakes,syrup Applesauce,juice,milk	Scrambled egg wrap Peaches,Juice,Milk	Pancake & sausage on a stick Pears, Juice, Milk	Cereal, Muffin Orange wedges Juice, Milk	Egg & cheese biscuit Mixed fruit, juice, Milk
Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk HS alternates Chef salad Fajita chicken wrap Grab&Go Grade 9-12	Taco on a WW tortilla, toppings Chips, salsa, bean dip Seasoned Corn Fresh fruits Milk HS alternates Chix Caesar salad Quesadilla Grab&Go Grade 9-12	Turkey gravy Mashed potatoes Glazed Carrots Mixed fruit WW bread & Jelly Milk HS-alternates Chef salad Ham & cheese stacker Grab&Go Grade 9-12	Popcorn chicken Ginger-soy rice Steamed Broccoli Garden salad Pears Milk HS alternates Chef salad Corn dog Grab&Go Grade 9-12	Pizza California vegetables Grape tomatoes, Carrots, cucumber Cinnamon applesauce Milk HS alternates Taco salad Yogurt boat Grab&Go Grade 9-12
14	15	16	17	18
Waffles/fruit topping Peaches, Juice, Milk Chicken nuggets Tex Mex bean bake Greek salad Mandarin oranges & pineapple WW bread& jelly Milk HS alternates Chef salad Yogurt parfait Grab&Go Grade 9-12	Breakfast Pizza Applesauce, Juice Milk Ham & cheese sandwich Chicken noodle soup Creamy Coleslaw Peaches Milk HS-alternates Southwest Chix salad Sunbutter-Jelly Sand. Grab&Go Grade 9-12	Apple Frudel Banana, Juice, Milk Three meat pasta bake Bread stick Green beans Broccoli Parm. salad Banana fruit cup Milk HS alternates Taco salad Teriyaki chicken bowl Grab&Go Grade 9-12	Cereal, WW cinn. roll Pears, Juice, Milk Garlic cheese bread Marinara sauce Caesar salad Apple wedges Milk HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12	Turkey sausage bagel Pineapple, Juice, Milk Cheeseburger on a WW bun, toppings Tator tots Fresh broccoli/carrots Pears Milk HS alternates Chef salad Fish sandwich Grab&Go Grade 9-12
Additional choices of fruits or vegetables are offerd daily at each school. Cereal is available as a breakfast alternate daily at each school.		Looking for Health or Nutrition resources? We have added site links with interactive games, activities, and funfacts. Just go to the Crosby-Ironton website and look under the Wellness tab.		Meal costs Breakfast -\$1.55 at both schools Lunches C.R.E.S. - \$2.45 H.S. - \$2.70 REMEMBER Each reimbursable meal must contain 1/2 cup of fruit or vegetables.

CROSBY-IRONTON SCHOOLS MEAL MENU -

JANUARY 21-31

2019

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

USDA is an equal opportunity provider and employer.

21	22	23	24	25
Maple pancakes,syrup Applesauce,juice,milk Chicken tender wrap with toppings Corn Southwest salad Peaches Milk HS-alternates Chef salad Hot Ham & cheese Grab&Go Grade 9-12	Scrambled egg wrap Peaches,Juice,Milk Walking taco Assorted toppings WW roll Fresh crunchy carrots Pears Milk HS-alternates Chef salad Fajita chicken Grab&Go Grade 9-12	Pancake & sausage on a stick Pears, Juice, Milk Corn dog Tex Mex Bean Bake Broccoli craisin salad Tropical fruit Milk HS-alternates Southwest Chix salad Shredded pork / bun Grab&Go Grade 9-12	Cereal, Muffin Orange wedges, Juice, Milk Chicken Stew with a WW biscuit Green Beans Creamy Coleslaw Mixed fruit Milk HS-alternates Chef salad Sunbutter-Jelly Sand. Grab&Go Grade 9-12	Egg & cheese biscuit Mixed fruit, juice, Milk Pizza Monte Carlo vege. Garden fresh greens - salad Applesauce Milk HS-alternates Taco salad Yogurt boat Grab&Go Grade 9-12
28	29	30	31	
Waffles/fruit topping Applesauce,Juice,Milk Chicken Alfredo pasta bake Dinner roll Steamed broccoli Caesar salad Fresh fruit Milk HS-alternates Chef salad Breakfast bowl Grab&Go Grade 9-12	Breakfast pizza Peaches, Juice, Milk Beef hot dog on a WW bun, Baked beans Seasoned Corn Applesauce Milk HS-alternates Caesar chicken salad Fish on a bun Grab&Go Grade 9-12	Apple Frudel Banana, Juice, Milk Teriyaki chicken Rice Pilaf Glazed Carrots Banana fruit cup Dinner roll Milk HS-alternates Chef salad Tuscan chicken Grab&Go Grade 9-12	Cereal, WW cinn. roll Pears, Juice, Milk Garlic cheese bread Marinara sauce Greek Salad Peaches Milk HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12	
Additional choices of fruits or vegetables are offerd daily at each school. Cereal is available as a breakfast alternate daily at each school.		Looking for Health or Nutrition resources? We have added site links with interactive games, activities, and funfacts. Just go to the Crosby-Ironton website and look under the Wellness tab.		Meal costs Breakfast -\$1.55 at both schools Lunches C.R.E.S. - \$2.45 H.S. - \$2.70 REMEMBER Each reimbursable meal must contain 1/2 cup of fruit or vegetables.