

January 2017

WJW Menu



*WG = Whole Grain

<p>2</p> <p>Student Holiday Teacher Workday</p>	<p>3 Breakfast WG Morning Sausage Roll Or WG Cereal /WG Toast W/Pear Halves Fruit Juice/Milk Lunch Chicken Strips w/WG Roll Or BBQ Sandwich on WG Bun Steamed Carrots Lima Beans Apple Sauce</p>	<p>4 Breakfast WG Breakfast Pizza Or WG Cereal/ Graham Crackers W/Orange Sections Fruit Juice/Milk Lunch Spaghetti w/WG Breadstick Or Egg Roll Niblet Corn Garden Salad w/Tomatoes Pineapple Chunks WG Chocolate Chip Cookie</p>	<p>5 Breakfast Breakfast Cup Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/Milk Lunch Corn Dog Or Nachos w/WG Chips Baked Beans Lettuce/Tom/Dill Spears Chilled Strawberries</p>	<p>6 Breakfast Egg Munchie w/WG Toast Or WG Cereal/WG Biscuit W/Fruit Fruit Juice/Milk Lunch Hamburger on WG Bun Or Hot Wings w/Breadsticks Potato Wedges Steamed Broccoli Orange Sections</p>
<p>9 Breakfast WG Breakfast Pizza Or WG Cereal/WG Toast/Jelly W/Fruit Cup/Apple Juice Milk Lunch Beefaroni Or Chicken Nuggets Tiny Whole Potatoes Green Beans WG Bread Sticks Pear Halves</p>	<p>10 Breakfast Ham Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Orange Sections Fruit Juice/Milk Lunch Cheese Quesadillas Or WG Fish Filet Sandwich On WG Roll Baked Beans Garden Salad w/Tomatoes Pineapple Chunks</p>	<p>11 Breakfast WG French Toast Sticks w/Syrup Or WG Cereal/WG Toast/Jelly W/Fruit/Fruit Juice Milk Lunch Oven Roasted Chicken Or WG Hot Dog Steamed Carrots Niblet Corn Apple Slices WG Sugar Cookie</p>	<p>12 Breakfast WG Pancake Pup Or WG Cereal/WG Toast/Jelly W/Chilled Apricots Fruit Juice/Milk Lunch Pork Loin Or Chicken Bites Mashed Potatoes Turnip Greens WG Roll Banana</p>	<p>13 Breakfast Chicken Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit W/Apple Sauce Fruit Juice/Milk Lunch WG Pepperoni Pizza Or WG Cheese Burger Oven Fries California Vegetables Fruit Cocktail</p>
<p>16</p> <p>Martin Luther King, Jr. Holiday</p>	<p>17 Breakfast Whole Wheat Sweet Roll Cheese Stick Or WG Cereal /WG Toast W/Apple Sauce Fruit Juice/Milk Lunch Teriyaki Chicken Nuggets w/WG Roll Or Chicken Sandwich on WG Bun Steamed Carrots Black Eyed Peas Pear Halves</p>	<p>18 Breakfast Steak Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Pineapple Chunks Orange Juice/Milk Lunch Chili w/WG Crackers Or Hot Dog on WG Bun Baked Potato Steamed Broccoli Apple Slices WG M&M Cookie</p>	<p>19 Breakfast Grilled Cheese Sandwich on WG Bread Or WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk Lunch Oven Roasted Chicken Or Hot Wings Brown Rice Green Beans Mixed Fruit</p>	<p>20 Breakfast Sausage Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk Lunch BBQ Sandwich on WG Bun Or Cheeseburger on WG Bun Potato Wedges Garden Salad w/Tomatoes Chilled Apricots</p>
<p>23 Breakfast Steak Biscuit (WG) Or WG Cereal/WG Biscuit/Jelly W/Mixed Fruit Cup Fruit Juice/Milk Lunch WG Chicken Bites or Baked Ham Lima Beans Yam Patties WG Roll Apple Sauce</p>	<p>24 Breakfast WG Pancake Pup Or WG Cereal/WG Toast/Jelly W/Chilled Strawberries Fruit Juice/Milk Lunch Grilled Cheese Sandwich On WG Bread Vegetable Soup W/WG Crackers Sunflower Seeds Breaded Okra Banana</p>	<p>25 Breakfast Chicken Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Grapes/Fruit Juice/Milk Lunch Lasagna w/WG Noodles Or WG Pepperoni Pizza Niblet Corn Garden Salad w/Tomatoes Pineapple Chunks WG Chocolate Chip Cookie</p>	<p>26 Breakfast WG Blueberry Muffin w/Sunflower Seeds Or WG Cereal/WG Toast/Jelly W/Apple Slices Fruit Juice/Milk Lunch Cheese Quesadillas Or WG Fish Filet Sandwich On WG Bun Baked Beans Tiny Whole Potatoes Orange Sections</p>	<p>27 Breakfast Ham Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit W/Fruit Fruit Juice Milk Lunch WG Cheese Pizza Or WG Corn Dog Potato Wedges Steamed Broccoli Fruit Mix w/Cool Whip</p>
<p>30 Breakfast WG Morning Sausage Roll Or WG Cereal /WG Toast W/Pear Halves Fruit Juice/Milk Lunch Chicken Strips w/WG Roll Or BBQ Sandwich on WG Bun French Fries Lima Beans Apple Sauce</p>	<p>31 Breakfast WG Breakfast Pizza Or WG Cereal/Graham Crackers W/Orange Sections Fruit Juice/Milk Lunch Spaghetti w/WG Breadsticks Or Egg Roll Niblet Corn Garden Salad w/Tomatoes Pineapple Chunks</p>	<p>Feb. 1 Breakfast Breakfast Cup Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk Lunch Corn Dog Or Nachos w/WG Chips Baked Beans Lettuce/Tom/Dill Spears Banana WG Sugar Cookie</p>	<p>2 Breakfast Grilled Cheese Sandwich On WG Bread Or WG Cereal /WG Toast w/Chilled Peaches Fruit Juice/Milk Lunch Mexican Fajitas Or Grilled Chicken Sandwich on WG Bun Salsa w/Tortilla Chips Steamed Broccoli Frozen Strawberry Sidekick</p>	<p>3 Breakfast Egg Munchie w/WG Toast Or WG Cereal/WG Biscuit W/Fruit Fruit Juice/Milk Lunch Hamburger on WG Bun Or Hot Wings w/Breadsticks Potato Wedges Steamed Carrots Orange Sections</p>