

Breakfast Served:
8:00 a.m. at **BOTH**
Elementary and
Jr-Sr High School

SIGOURNEY COMMUNITY SCHOOLS

Breakfast and Lunch Menu - JANUARY 2012

SCSD is an equal opportunity
provider and employer.
*Menu is subject to change
without notice.*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast. Alt Lunch: Rib Patty Sandwich</p>	<p>January 2</p> <p>NO SCHOOL</p>	<p>January 3 Eggs, Potatoes, WW Toast ----- French Toast, Little Smokies, Hash Browns, Mixed Fruit</p>	<p>January 4 Mini Pancakes, Applesauce ----- Salisbury Steak, Whipped Potatoes and Gravy, Peaches, WW Roll</p>	<p>January 5 Long John ----- Chicken Noodle Soup (Alt. Tomato Soup) Celery & Carrots with Dip, Toasted Cheese Sandwich, Pears</p>	<p>January 6 Yogurt, Donut Holes ----- Deli Sub, Tossed Salad,Pickle Spears, Fresh Orange, Dessert</p>
<p>Salad is offered as an alternative for grades 5-12. Alternative Lunch: Hamburger on WG Bun</p>	<p>January 9</p> <p>NO SCHOOL</p>	<p>January 10 Sausage Biscuit ----- Fish Sandwich, WG Bun, Cheese Stix, Corn, Pears, Chocolate Mousse</p>	<p>January 11 Egg Combo Bar, WW Toast ----- BBQ Pork, WG Bun, Green Beans, Rosy Applesauce, Rice Krispie Bar</p>	<p>January 12 Breakfast Pizza ----- Spaghetti with Meat Sauce, Tossed Salad, Mixed Fruit, French Bread</p>	<p>January 13 Fr. Toast, Little Smokies ----- Pigs in Blanket, Macaroni and Cheese, Baked Beans, Strawberries & Bananas</p>
<p>Alternative Lunch: Hot Ham Sandwich</p>	<p>January 16 Ass't Cereal or Oatmeal, Donut Holes ----- Burritos, Nachos and Cheese Sauce, Baby Carrots and Dip, Baked Apples</p>	<p>January 17 Long John ----- Sweet & Sour Chicken, Brown Rice, Oriental Vegetables, Pineapple, Fortune Cookie, Bread Stix</p>	<p>January 18 Muffin Squares and Sausage ----- Hamburger, WG Bun, Seasoned Wedges, Tossed Salad, Fruited Jell-O</p>	<p>January 19 Breakfast Stix ----- Tacos, (cheese, lettuce, tomatoes) Refried Beans, Peaches, Cinnamon Rolls</p>	<p>January 20 Yogurt, Cinnamon Roll ----- Meatball Sub, Buttered Pasta, Peas, Fresh Fruit</p>
<p>Alternative Lunch: Sub Sandwich</p>	<p>January 23 Mini Pancakes, Applesauce ----- Rib Patty, WG Bun, Corn or Corn Mac, Tossed Salad, Applesauce</p>	<p>January 24 PB&J Sandwich, Potatoes ----- Popcorn Chicken, Fresh Vegetables and Dip, Apple 1/2, Blueberry Muffin</p>	<p>January 25 Scrambled Eggs & Ham, WW Toast ----- Cheese Quesadilla Pizza, Vegetable, Fruit Salad, Peanut Butter Cookie</p>	<p>January 26 Cheese Omelet, WW Toast ----- COOKS CHOICE</p>	<p>January 27 Breakfast Pizza ----- Steak Nuggets, Whipped Potatoes, Gravy, Green Beans, Banana, WW Roll</p>
<p>Alternative Lunch: Hot Dog, WG Bun</p>	<p>January 30 Breakfast Stix ----- Chicken Patty, WG Bun, Broccoli & Cheese Sauce, Br. Rice, Mandarin Oranges</p>	<p>January 31 Ass't Cereal, Cinn. Toast ----- Hot Ham, WG Bun, Sweet Potato Puffs, Cottage Cheese,Pineapple</p>			<p style="text-align: center;">Note: WG Indicates a healthy whole grain food.</p>