

Elementary Breakfast & Lunch Menus January & February 2019

			January C	X I C	oruary 2019		
Monday	Tuesday 1	Wednesday	Thursday	3	Friday		
January is National	February is Black	OCS Breakfast Biscuit	French Toast Mini	-	ancake Sausage on a Stick		
•	•	Yogurt Parfait w/ Cinnamon Toast Crunch					
Soup Month!	History Month!	Cruncii					
		Chicken Pot w/ Roll	Roasted Chicken w/ Roll		Pepperoni or Cheese Pizza		
		Fish Sandwich	Meatloaf w/ Roll		Manager's Choice Entrée		
		Creamed Spinach Vegetable Choice	Sweet Potatoes Green Beans		Glazed Carrots California Blend		
		Fruit Choice	Fruit Choice		Fruit Choice		
		Milk	Milk		Milk		
7	8	9	Oblish on Plants	10	11		
Southern Breakfast Biscuit	Sausage Biscuit	Eggs w/ Grits & Cheese Toast	Chicken Biscuit	"	ancake Sausage Sandwich		
	Pasta w/ Meatsauce & Garlic Bread						
Manager's Choice Entree	Breakfast for Lunch: Eggs, Sausage,	Chicken & Waffle	Teriyaki Bites w/ Rice	F	Pepperoni or Cheese Pizza		
Mac & Cheese w/ Roll	Grits & Biscuit	Turkey Rice Bowl w/ Roll	Corn Dog Nuggets		Fish w/ Corn Muffin		
Sweet Potatoes	Blackeye Peas	Au Gratin Potatoes	Coleslaw Manager's Choice Vegetable		Steamed Cabbage		
Collard Greens Fruit Choice	Potato Roasters Fruit Choice	Turnip Greens	Lima Beans		Carrots Fruit Choice		
Milk	Milk	Fruit Choice Milk	Fruit Choice		Milk		
			Milk	17			
14 Skillet Frittata	15 Sausage Biscuit	OCS Breakfast Biscuit	French Toast Mini	17	Pancake Sausage Bites		
	8	Yogurt Parfait w/ Cinnamon Toast					
		Crunch					
Called Channel Conductor Management							
Grilled Cheese Sandwich WowButter Sandwich	Beef or Chicken Nachos	Chicken Pot Pie w/ Roll	Roasted Chicken w/ Roll		Pepperoni or Cheese Pizza		
OCS Ciabatta Sandwich	Corn Dog	Fish Sandwich	Meatloaf w/ Roll		Manager's Choice Entrée		
Tomato Soup	Black Beans	Creamed Spinach	Steamed Cabbage		Carrot Bag		
Broccoli	Sweet Potatoes	Coleslaw	Baked Beans		Garden Salad		
Carrots	Fruit Choice	Fruit Choice	Fruit Choice		Fruit Choice		
Fruit Choice Milk	Milk	Milk	Milk		Milk		
21	22	23		24	25		
			Chicken Biscuit	P	ancake Sausage Sandwich		
Mantin Luther King In Helider	Teacher Workday	Teacher Workday	Teriyaki Bites w/ Rice		Pepperoni or Cheese Pizza		
Martin Luther King Jr. Holiday No School	No School	No School	Pulled Pork Sandwich	'	Fish w/ Corn Muffin		
			Coleslaw				
			Manager's Choice Vegetable		Steamed Cabbage Carrots		
			Lima Beans		Fruit Choice		
			Fruit Choice Milk		Milk		
28	29	30		31	SUPERBOWL! February 1		
Skillet Frittata	Sausage Biscuit	OCS Breakfast Biscuit	French Toast Mini	P	ancake Sausage on a Stick		
		Yogurt Parfait w/ Cinnamon Toast					
		Crunch		Wo	ar your favorite team's color!		
Grilled Cheese Sandwich or WowButter				Wee	ar your ravorite team 3 color:		
Sandwich	Beef or Chicken Nachos	Chicken Pot Pie w/ Roll	Roasted Chicken w/ Roll		Nachos w/ Cheese		
OCS Ciabatta Sandwich	Corn Dog	Fish Sandwich	Meatloaf w/ Roll		Hot Dog		
Tomato Soup Broccoli	Black Beans Sweet Potatoes	Creamed Spinach Coleslaw	Steamed Cabbage Baked Beans	,	French Fries Carrots & Celery Sticks w/ Dip		
Carrots	Fruit Choice	Fruit Choice	Fruit Choice	,	Fruit Choice		
Fruit Choice	Milk	Milk	Milk		Milk		
Milk							
Goodhann Brookfort Birroit	5	6	eletet et tr	7	8		
Southern Breakfast Biscuit	Sausage Biscuit	Eggs w/ Grits & Cheese Toast	Chicken Biscuit	P	ancake Sausage Sandwich		
Cheesy Baked Potatoes w/ Italian	Pasta w/ Meatsauce & Garlic Bread						
Sauce or Chili & Roll	Breakfast for Lunch: Eggs, Sausage,	Chicken & Waffle	Teriyaki Bites w/ Rice		Pizza		
Mac & Cheese w/ Roll	Grits & Biscuit	Turkey Rice Bowl w/ Roll	Corn Dog Nuggets		Fish w/ Corn Muffin		
Sweet Potatoes	Blackeye Peas	Au Gratin Potatoes	Coleslaw Manager's Choice Vegetable		Steamed Cabbage		
Collard Greens	Potato Roasters	Turnip Greens	Lima Beans		Carrots		
Fruit Choice Milk	Fruit Choice Milk	Fruit Choice Milk	Fruit Choice		Fruit Choice Milk		
Лим	IVIIIN		Milk		MIIIV		
The following are also available daily:							
Breakfast: Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk							
		unch: Fat Free Chocolate, Skim and 1% Milk					
Yogurt Bistro Box		OCS Salads	OCS Pizza Box				
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Elementary Breakfast & Lunch Menus February & March 2019

NAday	▼d	Mada anda	•	& IVIAICII 2019			
Monday 11	Tuesday 12	Wednesday 13	Thursday Happy Valentine's Day! 14	Friday 15			
Skillet Frittata	Sausage Biscuit	OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch	French Toast Mini	Pancake Sausage Bites			
Grilled Cheese Sandwich or WowButter							
Sandwich	Beef or Chicken Nachos	Chicken Pot Pie w/ Roll	Roasted Chicken w/ Roll	Pepperoni or Cheese Pizza			
OCS Ciabatta Sandwich Tomato Soup	Corn Dog Black Beans	Fish Sandwich Creamed Spinach	Spaghetti w/ Meatballs & Garlic Toast Tossed Salad	Manager's Choice Entrée Carrot Bag			
Broccoli	Sweet Potatoes	Coleslaw	Corn	Garden Salad			
Carrots	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice			
Fruit Choice Milk	Milk	Milk	Heart Shaped Treat Milk	Milk			
18	19	20	21	22			
Southern Breakfast Biscuit	Sausage Biscuit	Eggs w/ Grits & Cheese Toast	Chicken Biscuit	Pancake Sausage Sandwich			
Cheesy Baked Potatoes w/ Italian	Pasta w/ Meatsauce & Garlic Bread						
Sauce or Chili & Roll	Breakfast for Lunch: Eggs, Sausage,	Chicken & Waffle	Teriyaki Bites w/ Rice	Pepperoni or Cheese Pizza			
Mac & Cheese w/ Roll	Grits & Biscuit	Turkey Rice Bowl w/ Roll	Pulled Pork Sandwich Coleslaw	Fish w/ Corn Muffin			
Sweet Potatoes	Blackeye Peas	Au Gratin Potatoes	Manager's Choice Vegetable	Steamed Cabbage			
Collard Greens Fruit Choice	Potato Roasters Fruit Choice	Turnip Greens Fruit Choice	Lima Beans	Carrots Fruit Choice			
Milk	Milk	Milk	Fruit Choice	Milk			
25	26	27	Milk 28	March 1			
Teacher Workday- No School	Sausage Biscuit	OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch	French Toast Mini	Pancake Sausage on a Stick			
March is National							
	Beef or Chicken Nachos	Chicken Pot Pie w/ Roll	Roasted Chicken w/ Roll	Pepperoni or Cheese Pizza			
Nutrition Month!	Corn Dog	Fish Sandwich	Meatloaf w/ Roll	Manager's Choice Entrée			
	Black Beans	Creamed Spinach	Steamed Cabbage	Carrot Bag			
	Sweet Potatoes Fruit Choice	Coleslaw Fruit Choice	Baked Beans Fruit Choice	Garden Salad Fruit Choice			
	Milk	Milk	Milk	Milk			
	March 4	4-8 is National School Breakfas	t Week!				
4 Southern Breakfast Biscuit	5 Sausage Biscuit	Early Dismissal 6 Eggs w/ Grits & Cheese Toast	7 Chicken Biscuit	8 Pancake Sausage Sandwich			
Southern Breaklast Discuit	Sausage Distuit	eggs w/ drits & cheese roast	CHICKEH DISCUIT	rancake Sausage Sanuwich			
Cheese Pizza	Chicken Rice Bowl		Pasta w/ Meatsauce & Garlic Bread	Pizza			
Meatballs w/ Gravy & Rice	Cheeseburger	Deli Sub	Chicken Sandwich	Fish w/ Corn Muffin			
Turnip Greens	Lima Beans	Fresh Celery Sticks	Garden Salad	Carrots & Celery Bag			
Sweet Potatoes Fruit Choice	Broccoli Fruit Choice	Fresh Baby Carrots Fruit Cup	Manager's Choice Vegetable Fruit Choice	Corn Fruit Choice			
Milk	Milk	Milk	Milk	Milk			
11 Skillet Frittata	12 Sausage Biscuit	March Madness 13 OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch	14 French Toast Mini	15 Pancake Sausage Bites			
Macaroni & Cheese w/ Roll Grilled Chicken Sandwich	BBQ Sandwich Manager's Choice Entrée	Hot Dog Chicken Nuggets w/ Roll	Turkey Rice Bowl Roasted Chicken w/ Roll	Pizza Fish Sandwich			
Seasoned Turnip Greens	Sweet Potato Fries	French Fries	Steamed Cabbage	French Fries			
Baked Apples	Baked Beans	Baked Beans	Pinto Beans	Coleslaw			
Fruit Choice	Fruit Choice	Oranges	Fruit Choice	Fruit Choice			
Milk	Milk	Milk	Milk	Milk			
18 Southern Breakfast Biscuit	19 Sausage Biscuit	20 Eggs w/ Grits & Cheese Toast	21 Chicken Biscuit	22 Pancake Sausage Sandwich			
Cheese Pizza	Chicken Rice Bowl	Chicken & Waffle	Pasta w/ Meatsauce & Garlic Bread	Pizza			
Meatballs w/ Gravy & Rice	Cheeseburger	Meatloaf / Roll	Chicken Sandwich	Fish w/ Corn Muffin			
Turnip Greens	Lima Beans	Mashed Potatoes	Garden Salad	Carrots & Celery Bag			
Sweet Potatoes	Broccoli	Green Peas	Manager's Choice Vegetable	Corn			
Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice			
Milk 25	Milk 26	Milk 27	Milk 28	Milk 29			
Skillet Frittata	Sausage Biscuit	OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch	French Toast Mini	Pancake Sausage on a Stick			
Macaroni & Cheese w/ Roll	BBQ Sandwich	Chicken Nuggets w/ Roll	Turkey Rice Bowl	Pizza			
Grilled Chicken Sandwich	Hot Dog w/ Toppings	Manager's Choice Entrée	Roasted Chicken w/ Roll	Fish Sandwich			
Seasoned Turnip Greens	Sweet Potato Fries	Au Gratin Potatoes	Steamed Cabbage	French Fries			
Baked Apples	Baked Beans	Broccoli	Pinto Beans	Coleslaw			
Fruit Choice Milk	Fruit Choice Milk	Fruit Choice Milk	Fruit Choice Milk	Fruit Choice Milk			
IVIIIK	IVIIIK		IVIIIK	IVIIIK			
Brea			it Choice and Fat Free Chocolate, Skim & 1% I	Milk			
Yogurt Bistro Box		Lunch: Fat Free Chocolate, Skim and 1% Milk OCS Salads	OCS Pizza Box				
roguit biono box	Menus are subject to change. This institution is an equal opportunity provider.						