

Elementary Breakfast & Lunch Menus

January & February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
January is National Soup Month!	February is Black History Month!	1 OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch Chicken Pot w/ Roll Fish Sandwich Creamed Spinach Vegetable Choice Fruit Choice Milk	2 French Toast Mini Roasted Chicken w/ Roll Meatloaf w/ Roll Sweet Potatoes Green Beans Fruit Choice Milk	3 Pancake Sausage on a Stick Pepperoni or Cheese Pizza Manager's Choice Entrée Glazed Carrots California Blend Fruit Choice Milk
7 Southern Breakfast Biscuit Manager's Choice Entrée Mac & Cheese w/ Roll Sweet Potatoes Collard Greens Fruit Choice Milk	8 Sausage Biscuit Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit Blackeye Peas Potato Roasters Fruit Choice Milk	9 Eggs w/ Grits & Cheese Toast Chicken & Waffle Turkey Rice Bowl w/ Roll Au Gratin Potatoes Turnip Greens Fruit Choice Milk	10 Chicken Biscuit Teriyaki Bites w/ Rice Corn Dog Nuggets Coleslaw Manager's Choice Vegetable Lima Beans Fruit Choice Milk	11 Pancake Sausage Sandwich Pepperoni or Cheese Pizza Fish w/ Corn Muffin Steamed Cabbage Carrots Fruit Choice Milk
14 Skillet Frittata Grilled Cheese Sandwich WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk	15 Sausage Biscuit Beef or Chicken Nachos Corn Dog Black Beans Sweet Potatoes Fruit Choice Milk	16 OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk	17 French Toast Mini Roasted Chicken w/ Roll Meatloaf w/ Roll Steamed Cabbage Baked Beans Fruit Choice Milk	18 Pancake Sausage Bites Pepperoni or Cheese Pizza Manager's Choice Entrée Carrot Bag Garden Salad Fruit Choice Milk
21 Martin Luther King Jr. Holiday No School	22 Teacher Workday No School	23 Teacher Workday No School	24 Chicken Biscuit Teriyaki Bites w/ Rice Pulled Pork Sandwich Coleslaw Manager's Choice Vegetable Lima Beans Fruit Choice Milk	25 Pancake Sausage Sandwich Pepperoni or Cheese Pizza Fish w/ Corn Muffin Steamed Cabbage Carrots Fruit Choice Milk
28 Skillet Frittata Grilled Cheese Sandwich or WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk	29 Sausage Biscuit Beef or Chicken Nachos Corn Dog Black Beans Sweet Potatoes Fruit Choice Milk	30 OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk	31 French Toast Mini Roasted Chicken w/ Roll Meatloaf w/ Roll Steamed Cabbage Baked Beans Fruit Choice Milk	February 1 SUPERBOWL! Pancake Sausage on a Stick Wear your favorite team's color! Nachos w/ Cheese Hot Dog French Fries Carrots & Celery Sticks w/ Dip Fruit Choice Milk
4 Southern Breakfast Biscuit Cheesy Baked Potatoes w/ Italian Sauce or Chili & Roll Mac & Cheese w/ Roll Sweet Potatoes Collard Greens Fruit Choice Milk	5 Sausage Biscuit Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit Blackeye Peas Potato Roasters Fruit Choice Milk	6 Eggs w/ Grits & Cheese Toast Chicken & Waffle Turkey Rice Bowl w/ Roll Au Gratin Potatoes Turnip Greens Fruit Choice Milk	7 Chicken Biscuit Teriyaki Bites w/ Rice Corn Dog Nuggets Coleslaw Manager's Choice Vegetable Lima Beans Fruit Choice Milk	8 Pancake Sausage Sandwich Pizza Fish w/ Corn Muffin Steamed Cabbage Carrots Fruit Choice Milk
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				
Lunch: Fat Free Chocolate, Skim and 1% Milk				
Yogurt Bistro Box	OCS Salads	OCS Pizza Box		

Menus are subject to change. This institution is an equal opportunity provider.

Elementary Breakfast & Lunch Menus

February & March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">11</p> <p style="text-align: center;">Skillet Frittata</p> <p>Grilled Cheese Sandwich or WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Sausage Biscuit</p> <p>Beef or Chicken Nachos Corn Dog Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">Happy Valentine's Day! French Toast Mini</p> <p>Roasted Chicken w/ Roll Spaghetti w/ Meatballs & Garlic Toast Tossed Salad Corn Fruit Choice Heart Shaped Treat Milk</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Pancake Sausage Bites</p> <p>Pepperoni or Cheese Pizza Manager's Choice Entrée Carrot Bag Garden Salad Fruit Choice Milk</p>
<p style="text-align: right;">18</p> <p style="text-align: center;">Southern Breakfast Biscuit</p> <p>Cheesy Baked Potatoes w/ Italian Sauce or Chili & Roll Mac & Cheese w/ Roll Sweet Potatoes Collard Greens Fruit Choice Milk</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Sausage Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit Blackeye Peas Potato Roasters Fruit Choice Milk</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">Eggs w/ Grits & Cheese Toast</p> <p>Chicken & Waffle Turkey Rice Bowl w/ Roll Au Gratin Potatoes Turnip Greens Fruit Choice Milk</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice Pulled Pork Sandwich Coleslaw Manager's Choice Vegetable Lima Beans Fruit Choice Milk</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Pancake Sausage Sandwich</p> <p>Pepperoni or Cheese Pizza Fish w/ Corn Muffin Steamed Cabbage Carrots Fruit Choice Milk</p>
<p style="text-align: right;">25</p> <p style="text-align: center;">Teacher Workday- No School</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">March is National Nutrition Month!</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Sausage Biscuit</p> <p>Beef or Chicken Nachos Corn Dog Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">French Toast Mini</p> <p>Roasted Chicken w/ Roll Meatloaf w/ Roll Steamed Cabbage Baked Beans Fruit Choice Milk</p>	<p style="text-align: right;">March 1</p> <p style="text-align: center;">Pancake Sausage on a Stick</p> <p>Pepperoni or Cheese Pizza Manager's Choice Entrée Carrot Bag Garden Salad Fruit Choice Milk</p>
March 4-8 is National School Breakfast Week!				
<p style="text-align: right;">4</p> <p style="text-align: center;">Southern Breakfast Biscuit</p> <p>Cheese Pizza Meatballs w/ Gravy & Rice Turnip Greens Sweet Potatoes Fruit Choice Milk</p>	<p style="text-align: right;">5</p> <p style="text-align: center;">Sausage Biscuit</p> <p>Chicken Rice Bowl Cheeseburger Lima Beans Broccoli Fruit Choice Milk</p>	<p style="text-align: right;">6</p> <p style="text-align: center;">Early Dismissal Eggs w/ Grits & Cheese Toast</p> <p>Deli Sub Fresh Celery Sticks Fresh Baby Carrots Fruit Cup Milk</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">Chicken Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread Chicken Sandwich Garden Salad Manager's Choice Vegetable Fruit Choice Milk</p>	<p style="text-align: right;">8</p> <p style="text-align: center;">Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Carrots & Celery Bag Corn Fruit Choice Milk</p>
<p style="text-align: right;">11</p> <p style="text-align: center;">Skillet Frittata</p> <p>Macaroni & Cheese w/ Roll Grilled Chicken Sandwich Seasoned Turnip Greens Baked Apples Fruit Choice Milk</p>	<p style="text-align: right;">12</p> <p style="text-align: center;">Sausage Biscuit</p> <p>BBQ Sandwich Manager's Choice Entrée Sweet Potato Fries Baked Beans Fruit Choice Milk</p>	<p style="text-align: right;">13</p> <p style="text-align: center;">March Madness OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Hot Dog Chicken Nuggets w/ Roll French Fries Baked Beans Oranges Milk</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">French Toast Mini</p> <p>Turkey Rice Bowl Roasted Chicken w/ Roll Steamed Cabbage Pinto Beans Fruit Choice Milk</p>	<p style="text-align: right;">15</p> <p style="text-align: center;">Pancake Sausage Bites</p> <p>Pizza Fish Sandwich French Fries Coleslaw Fruit Choice Milk</p>
<p style="text-align: right;">18</p> <p style="text-align: center;">Southern Breakfast Biscuit</p> <p>Cheese Pizza Meatballs w/ Gravy & Rice Turnip Greens Sweet Potatoes Fruit Choice Milk</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Sausage Biscuit</p> <p>Chicken Rice Bowl Cheeseburger Lima Beans Broccoli Fruit Choice Milk</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">Eggs w/ Grits & Cheese Toast</p> <p>Chicken & Waffle Meatloaf / Roll Mashed Potatoes Green Peas Fruit Choice Milk</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Chicken Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread Chicken Sandwich Garden Salad Manager's Choice Vegetable Fruit Choice Milk</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Carrots & Celery Bag Corn Fruit Choice Milk</p>
<p style="text-align: right;">25</p> <p style="text-align: center;">Skillet Frittata</p> <p>Macaroni & Cheese w/ Roll Grilled Chicken Sandwich Seasoned Turnip Greens Baked Apples Fruit Choice Milk</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Sausage Biscuit</p> <p>BBQ Sandwich Hot Dog w/ Toppings Sweet Potato Fries Baked Beans Fruit Choice Milk</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Nuggets w/ Roll Manager's Choice Entrée Au Gratin Potatoes Broccoli Fruit Choice Milk</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">French Toast Mini</p> <p>Turkey Rice Bowl Roasted Chicken w/ Roll Steamed Cabbage Pinto Beans Fruit Choice Milk</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Pancake Sausage on a Stick</p> <p>Pizza Fish Sandwich French Fries Coleslaw Fruit Choice Milk</p>
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Breakfast: Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk				
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