



# January 2010 BAC Menu

**MENU SUBJECT TO CHANGE WITHOUT NOTICE.**

Students are given a choice of Low Fat or Skim Milk both at Breakfast and Lunch.

Nondiscrimination Statement: "In accordance with Federal law and the U.S. Department of Agriculture policy, this institution does not discriminate on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

<p>4 <u>Breakfast Special</u> Superstar Donut &amp; Colby Jack Cheese Stick</p> <p><u>Lunch</u> Baked Corn Dog Or PB &amp; J Sandwich w/String Cheese Or Crispy Potato Rounds Chilled Applesauce Chilled Peaches Tuna Salad</p>	<p>5 <u>Breakfast Special</u> PK – 3<sup>rd</sup> Bean &amp; Cheese Burrito 4<sup>th</sup> – 5<sup>th</sup> Egg &amp; Potato Burrito</p> <p><u>Lunch</u> Golden Chicken Nuggets Or Lunch-a-Boat Or Turkey &amp; Cheese Sandwich Turkey Vegetable Soup Mashed Potatoes Seasoned Carrots Coins Mixed Fruit Whole Wheat Roll</p>	<p>6 <u>Breakfast Special</u> French Toast or French Toast Sticks</p> <p><u>Lunch</u> Pepperoni Pizza w/Ranch Dip Or Turkey Bologna &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese, Veggie Dippers Seasoned Corn Fresh Red &amp; Green Apples Chilled Fruit Chef's Salad</p>	<p>7 <u>Breakfast Special</u> Fresh Baked Cinnamon Roll</p> <p><u>Lunch</u> Cheeseburger/Hamburger Lunch-a-Boat Or Corn Cobbette Lettuce, Tomato &amp; Pickles Fresh Oranges Fruited Gelatin Taco Salad</p>	<p>8 <u>Breakfast Special</u> Breakfast Pizza</p> <p><u>Lunch</u> Cheese &amp; Meat Nachos Or Deli Turkey, Cheese &amp; Ham on Wheat Bun Or PB &amp; J Sandwich w/ String Cheese Lettuce &amp; Tomato Salad Ranchero Beans Applesauce Chilled Fresh Fruit Chef's Salad <b>Dessert Day Treat!</b></p>
<p>11 <u>Breakfast Special</u> Whole Grain Toaster Pastry &amp; String Cheese</p> <p><u>Lunch</u> Crispy Chicken Fries Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/String Cheese Steamed Fresh Broccoli w/Cheese Sauce Chilled Fruit Fresh Oranges Whole Wheat Roll Chef's Salad</p>	<p>12 <u>Breakfast Special</u> Assorted Large Cereal</p> <p><u>Lunch</u> Oven Baked Chicken Or Lunch-a-Boat Or PB &amp; J Sandwich w/String Cheese Mashed Potato &amp; Gravy Fresh Kiwi Fruit Gelatin w/Fruit Tuna Chef's Salad</p>	<p>13 <u>Breakfast Special</u> Flavored Yogurt &amp; Cinnamon Texas Toast</p> <p><u>Lunch</u> Pepperoni Pizza w/Ranch Dip Or Turkey Ham &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese Tossed Salad Chilled Applesauce Fresh Grapes Chef's Salad</p>	<p>14 <u>Breakfast Special</u> Biscuit Sandwich w/Egg</p> <p><u>Lunch</u> Meat Burrito Or Lunch-a-Boat Or Smoked Turkey &amp; Cheese Sandwich on Wheat Mexican Squash Lettuce &amp; Tomato Salad Veggie Dippers Fresh Apple Wedges Fruited Gelatin Taco Salad</p>	<p>15 <u>Breakfast Special</u> Breakfast Pizza</p> <p><u>Lunch</u> Grilled Cheese Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/ String Cheese Homemade Chicken &amp; Rice Soup Veggie Dippers Chilled Peaches &amp; Pears Assorted Fresh Fruits Chef's Salad <b>Dessert Day Treat!</b></p>
<p>18</p> <p><b>Martin Luther King Jr.  Holiday</b></p>	<p>19 <u>Breakfast Special</u> Whole Grain Toaster Pastry &amp; String Cheese</p> <p><u>Lunch</u> Spaghetti w/Meat Sauce Or Turkey Ham &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese Tossed Salad Chilled Peaches Fresh Granny Smith Apples Whole Wheat Roll Chef's Salad</p>	<p>20 <u>Breakfast Special</u> Assorted Large Cereals</p> <p><u>Lunch</u> Pepperoni Pizza w/Ranch Dip Or Bean &amp; Cheese Burrito Or PB &amp; J Sandwich w/String Cheese Tossed Salad Chilled Peaches Fresh Kiwi Fruit Chef's Salad</p>	<p>21 <u>Breakfast Special</u> PK – 3<sup>rd</sup> Egg &amp; Chorizo Burrito 4<sup>th</sup> – 5<sup>th</sup> Bean Burrito</p> <p><u>Lunch</u> Golden Chicken Nuggets Or Lunch-a-Boat Or PB &amp; J Sandwich w/String Cheese Steamed Broccoli w/Cheese Sauce Corn Cobbette Fruited Gelatin Assorted Fresh Fruit Whole Wheat Roll Chef's Salad</p>	<p>22 <u>Breakfast Special</u> Breakfast Pizza</p> <p><u>Lunch</u> Cheeseburger/Hamburger Or Deli Turkey, Cheese &amp; Turkey Ham on Wheat Bread Or PB &amp; J Sandwich w/Sting Cheese Frito Lay Chips Lettuce, Tomato &amp; Pickles Chilled Fruit Fresh Grapes Taco Salad <b>Dessert Day Treat!</b></p>
<p>25 <u>Breakfast Special</u> Peanut Butter &amp; Jelly Uncrustable</p> <p><u>Lunch</u> Turkey Frank on Bun Or Turkey &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese Campbell's Chicken Noodle Soup Ranchero Beans Chilled Fruit Fresh Red &amp; Green Apples Chef's Salad</p>	<p>26 <u>Breakfast Special</u> Morning Sausage Roll</p> <p><u>Lunch</u> Teriyaki Chicken Nuggets Or Lunch-a-Boat Or Bean &amp; Cheese Burrito Steamed Rice Stir Fried Vegetables Fruited Gelatin Whole Wheat Roll Taco Salad</p>	<p>27 <u>Breakfast Special</u> Giant Goldfish Graham &amp; String Cheese</p> <p><u>Lunch</u> Cheese Stick w/Meat Sauce &amp; Pasta Or Turkey &amp; Cheese Sandwich on Wheat Or PB &amp; J Sandwich w/String Cheese Mixed Vegetables Chilled Peaches Orange Wedges Garlic Texas Toast Chef's Salad</p>	<p>28 <u>Breakfast Special</u> Assorted Large Cereals</p> <p><u>Lunch</u> Cheese Enchiladas Or Lunch-a-Boat Or Turkey Ham &amp; Cheese Sandwich Lettuce &amp; Tomato Salad Refried Beans Chilled Fruit Fresh Granny Smith Apples Tuna Chef's Salad</p>	<p>29 <u>Breakfast Special</u> Breakfast Pizza</p> <p><u>Lunch</u> Chicken Drumsticks Or Bean &amp; Cheese Burrito Or Mashed Sweet Potatoes Green Beans w/Chile con Queso Lettuce &amp; Tomato Salad Assorted Fresh &amp; Chilled Fruits Whole Wheat Roll Chef's Salad <b>Dessert Day Treat!!!</b></p>

