



School Information:

School resumes Jan. 7, 2019
 Martin Luther King Day/ flex day Jan.21, 2019
 Reminder: If your student receives free/reduced lunch they also receive free/reduced breakfast.



Nutrition Tip: Each meal is a building block in your healthy eating style. Include all the food groups throughout the day. Make fruits, vegetables, grains, dairy and protein part of your daily meals and snacks. Limit added sugars, sodium and saturated fat.



Monday

We offer breakfast in the cafeteria starting at 7:30 on every school day. The cost for breakfast is \$1.50 & .30 for reduced.

Tuesday

HAPPY NEW YEAR ☺ 1

Wednesday

WINTER BREAK 2

Thursday

WINTER BREAK 3

Friday

WINTER BREAK 4

BOSCO STICKS, DIPPING SAUCE, BROCCOLI, FRESH FRUIT, PEACHES, MILK 7

PASTA W/ MEATBALLS, PEAS AND CARROTS, APPLESAUCE, BREADSTICK, MILK 8

COUNTRY FRIED STEAK, MASHED POTATOES, CORN, ROLL W/ BUTTER, FRESH FRUIT, MILK 9

CHICKEN FAJITA W/ ONIONS & PEPPERS, SPANISH RICE, SEASONED BLACK BEANS, MIXED FRUIT, MILK 10

BLACKHAWK BURGER, LETTUCE, TOMATOES, POTATO WEDGES, PEARS, MILK 11

FRENCH TOAST STICKS, SAUSAGE LINKS, WARM SPICED APPLES, BREAKFAST POTATOES, JUICE, MILK 14

HOT DOG W/ FIXINGS, BAKED BEANS, PRETZELS, BROCCOLI W/ CHEESE, PEARS, RICE KRISPY TREAT, MILK 15

TURKEY AND NOODLES, MASHED POTATOES, GREEN BEANS, ROLL, PEACHES, MILK 16

NACHO CHIPS, MEAT & CHEESE, MEXI CORN, REFRIED BEANS, APPLESAUCE, MILK 17

GRILLED HAM & CHEESE, W/ TOMATO SOUP, CARROT AND CELERY STICKS, PEARS, MILK 18

Martin Luther King/flex day 21

PEPPERONI BOSCO STICKS, MARINARA SAUCE, COOKED CARROTS, PINEAPPLE, JUICE, MILK 22

PORK CHOP, MASHED POTATOES, GRAVY, MIXED VEGGIES, FRESH FRUIT, ROLL, MILK 23

CRISPITO, SALSA, CORN, SPANISH RICE, APPLESAUCE, MILK 24

B-B-Q RIB SANDWICH, POTATO WEDGES, BAKED BEANS, PEACHES, MILK 25

SAUSAGE GRAVY AND BISCUIT, HASH BROWN, SAUSAGE, WARM SPICED APPLES, JUICE, MILK 28

LASAGNA ROLL-UP, SPINACH SALAD, GARLIC BREAD, GREEN BEANS, PEACHES, MILK 29

BLACKHAWK BOWL, CHICKEN POPPERS, CORN, MASHED POTATOES, GRAVY, CHEESE, ROLL, FRUIT, MILK 30

CHEESE QUESADILLA, SALSA, REFRIED BEANS, CILANTRO RICE, FRESH FRUIT, MILK 31



Menu may change without notice.