

# MUSCATINE SCHOOLS (K - 8)

## BREAKFAST & LUNCH\*

# JAN

# 2018

\*Menu subject to change

1	2	3	4	5
<p>Happy New Year!!!</p> 	   	<p>Assorted Cereals w/ Toast or WG Long John</p> <p>Chicken Nuggets w/ Buttered Bread or Hot Dog</p>  <p><b>Eat your colors!</b> Cheesy Potatoes Peach Slices</p>	<p>Assorted Cereals w/ Toast or Egg McMuskie</p> <p>Beefy Nachos or Hot Dog</p>    <p><b>Eat your colors!</b> Refried Beans Banana</p>	<p>Assorted Cereals w/ Toast or Toast w/ Assorted Toppings</p> <p>Pepperoni Pizza or Hot Dog</p>  <p>Cookie Cup</p> <p><b>Eat your colors!</b> Assorted Vegetables Assorted Fruit Assorted 100% Juice</p>
8	9	10	11	12
<p>Assorted Cereals w/ Toast or WG Long John</p> <p>Hot Dog or BBQ Pork Rib</p> <p><b>Eat your colors!</b> Baked Beans Mixed Fruit</p>	<p>Assorted Cereals w/ Toast or Egg McMuskie</p> <p>Homemade Chili w/ Crackers or BBQ Pork Rib</p> <p><b>Eat your colors!</b> Celery w/ Peanut Butter Red Grapes</p>	 <p>Assorted Cereals w/ Toast or Breakfast Pizza</p> <p>Sausage on a Stick or BBQ Pork Rib</p> <p><b>Eat your colors!</b> Tater Tots Assorted 100% Fruit Juice</p>	<p>Assorted Cereals w/ Toast or Maple Burst'n Mini Pancakes</p> <p>Spaghetti &amp; Meatballs w/ Breaded Mozzarella Sticks or BBQ Pork Rib</p> <p><b>Eat your colors!</b> Mixed Green Salad Strawberry Applesauce Cup</p>	<p>Assorted Cereals w/ Toast or Toast w/ Assorted Toppings</p> <p>Cheese Nachos or (Melted Cheese &amp; Chips) BBQ Pork Rib</p> <p>Cherry Cookie</p> <p><b>Eat your colors!</b> Refried Beans Assorted Fresh Fruit</p>
15	16	17	18	19
	<p>Assorted Cereals w/ Toast or WG Long John</p> <p>Fish Sticks w/ Buttered Bread or Chicken Filet Sandwich</p> <p><b>Eat your colors!</b> French Fries Mandarin Oranges</p>	<p>Assorted Cereals w/ Toast or Breakfast Pizza</p> <p>PBJ Choices* or Chicken Filet Sandwich</p> <p><b>Eat your colors!</b> Corn Peach Slices</p> <p><small>*Sunbutter for Allergen Schools</small></p>	 <p>Assorted Cereals w/ Toast or French Toast</p> <p>Taco Meat, Cheese &amp; Tortilla Chips or Chicken Filet Sandwich</p> <p><b>Eat your colors!</b> Mixed Green Salad Banana</p>	<p>Assorted Cereals w/ Toast or Toast w/ Assorted Toppings</p> <p>Cheese Pizza or Chicken Filet Sandwich</p> <p>Cookie Cup</p> <p><b>Eat your colors!</b> Assorted Fresh Vegetables Assorted Fresh Fruit Assorted 100% Juice</p>
22	23	24	25	26
<p>Assorted Cereals w/ Toast or WG Long John</p> <p>Corn Dog or Cheeseburger</p> <p><b>Eat your colors!</b> Baked Beans Sliced Pears</p>	<p>Assorted Cereals w/ Toast or Egg McMuskie</p> <p>Baked Potato w/ Toppings or Cheeseburger</p> <p><b>Eat your colors!</b> Broccoli &amp; Cauliflower Banana</p>	<p>Assorted Cereals w/ Toast or Breakfast Pizza</p> <p>French Toast Sticks w/ Sausage or Cheeseburger</p> <p><b>Eat your colors!</b> Potato Wedges Assorted 100% Fruit Juice</p>	<p>Assorted Cereals w/ Toast or Bagel w/ Cream Cheese</p> <p>Chicken Noodles w/ Hot Roll or Cheeseburger</p> <p><b>Eat your colors!</b> Peas &amp; Carrots Applesauce</p>	 <p>Assorted Cereals w/ Toast or Toast w/ Assorted Toppings</p> <p>Sausage Pizza or Cheeseburger</p> <p><b>Eat your colors!</b> Mixed Green Salad Boxed Raisins</p>
27	28	29	30	31
 <p>Assorted Cereals w/ Toast or WG Long John</p> <p>Mozzarella Pizza Sticks or Sliced Ham &amp; Cheese</p> <p><b>Eat your colors!</b> Green Beans Craisins</p>	<p>Assorted Cereals w/ Toast or Ham, Egg &amp; Cheese McMuskie</p> <p>Chicken Fajitas or Sliced Turkey &amp; Cheese</p> <p><b>Eat your colors!</b> Peppers &amp; Onions Fresh Orange</p>	<p>Assorted Cereals w/ Toast or Breakfast Pizza</p> <p>Pulled Pork Sandwich or PBJ Choices</p> <p><b>Eat your colors!</b> Sweet Potato Fries Warm Cinnamon apples</p>	<p>Assorted Cereals w/ Toast or Breakfast Wrap</p> <p>Beef Walking Taco or Sliced Ham &amp; Cheese</p> <p><b>Eat your colors!</b> Mixed Green Salad Refried Beans Banana</p>	<p>Assorted Cereals w/ Toast or Toast w/ Assorted Toppings</p> <p>Pepperoni Pizza or Sliced Turkey &amp; Cheese</p> <p>Chocolate Cupcake</p> <p><b>Eat your colors!</b> Corn Blueberries &amp; Peaches</p>

BREAKFAST - Offered daily: Assorted Fresh Fruit & 100% Juice LUNCH - Offered daily: Fresh Baby Carrots & Fresh Fruit, 1% White & Chocolate Skim Milk

EXTRA/SNACK MILK: extras, with a sack lunch from home and/or kindergarten or class snack milk are .55 for each carton for everyone

\*ALERT: when peanut butter is served, ff ranch will be offered at Elementary Allergen schools

Please contact Alisha Eggers at 263-7223 or [alisha.eggers@mcsdonline.org](mailto:alisha.eggers@mcsdonline.org) with comments or concerns

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER