

# Ritchie County Schools Elementary Menus     January 2019

Mon	Tue	Wed	Thu	Fri
			<b>3</b> Yogurt Donut / Fruit  Chicken Nuggets Broccoli Fries Peaches	<b>4</b> Sausage Bagel / Fruit  Meatloaf Scalloped Potatoes Green Beans W/ G Bread Mixed Fruit
<b>7</b> Waffle /Yogurt / Fruit  Cheeseburger Potato Wedges Baked Beans Pears	<b>8</b> Egg Omelet/Toast/Fruit  Chicken Tenders Mashed Potatoes/Gravy Green Beans W/G Bread Mandarin Oranges	<b>9</b> Yogurt Frudel/Fruit  Lasagna Red Orange Salad Breadstick Applesauce	<b>10</b> Muffin/Fruit  Chicken & Noodles Peas Red Orange Salad Breadstick Fresh Fruit	<b>11</b> Sausage Gravy /Biscuits/Fruit  Calzone Corn Red Orange Salad Fresh Fruit
<b>14</b> Pancake Wrap/Fruit  Chicken Sandwich Broccoli Carrots/Dip Fresh Fruit	<b>15</b> Breakfast Pizza/Fruit  Corn Dog Fries Red Orange Salad Fresh Fruit	<b>16</b> Mini Loaf/Yogurt/Fruit  Taco Salad Pinto Beans Fresh Fruit	<b>17</b> French Toast/Fruit  Beef & Noodles Peas Red Orange Salad Breadstick Fresh Fruit	<b>18</b> Scrambled Eggs/Toast/Fruit  Pizza Rolls Corn Red Orange Salad Fresh Fruit
<b>21</b> <b>No School</b> <b>Martin Luther King</b>	<b>22</b> Sausage/Cheese Biscuit/Fruit  Pizza Corn Red Orange Salad Fresh Fruit	<b>23</b> Breakfast Bread/Fruit  Salisbury Steak Mashed Potatoes/Gravy Green Beans W/G Bread Fresh Fruit	<b>24</b> Ham/Cheese Sandwich/Fruit  Crispy Chicken Wrap Fries Red Orange Salad Fresh Fruit	<b>25</b> Pancake/Yogurt/ Fruit  Chili Grilled Cheese Red Orange Salad Fresh Fruit
<b>28</b> Breakfast Burrito/Fruit  Fish Nuggets Fries Carrots/Dip W/G Bread Fresh Fruit	<b>29</b> Fried Egg/Toast/Fruit  Chicken Glazers Broccoli Red Orange Salad W/G Bread Fresh Fruit	<b>30</b> Breakfast Bar/Fruit  Pepperoni Roll Pinto Beans Cottage Cheese Carrots/Dip Pineapple	<b>31</b> Egg/Bacon Sandwich/Fruit  Italian Chicken Scalloped Potatoes Green Beans W/G Bread Fresh Fruit	<b>Feb. 1</b> Pop Tart/Yogurt/Fruit  Beef Stew Red Orange Salad Breadstick Fresh Fruit

Milk, Juice, Cereal Served with all Breakfasts. Milk served with all Lunches. Menu subject to change. "This institution is an equal opportunity provider."