

# JANUARY 2019

MONDAY

31

Lyman Intermediate School

Breakfast \$1.50

All Meals include 1% White Milk

or Fat Free Chocolate Milk

All Juice is 100% Fruit Juice

This institute is an equal opportunity provider

TUESDAY

1

**HAPPY  
NEW YEAR**

WEDNESDAY

2

French Toast  
With Sausage  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Cereal and Elves  
Fruit Cup and Juice

THURSDAY

3

Orange Chicken  
With Rice  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Poptarts  
Raisels and Juice

7

Macaroni and Cheese  
with Roll  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Cereal Bars and Yogurt  
Fruit Cup and Juice

8

Taco Tuesday!  
Taco in a Bag  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Assorted Breakfast Breads  
Craisins and Juice

9

Mashed Potato  
Bowl with Chicken  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Assorted Donut Day  
Apple Slices and Juice

10

Chicken Strips  
With Emoji Fries  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Assorted Muffins and Chex Mix  
Fruit Cup and Juice

14

Teriyaki Chicken  
With Rice and Roll  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Orange Loaf W/ Goldfish  
Fruit Cup and Juice

15

Popcorn Chicken  
With Potato Wedges  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Bagel W/ Cream Cheese  
Craisins and Juice

16

Dippin' Dogs  
With Cheese Sauce and Tots  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Glazed Donut  
Apple Crisp and Juice

17

Pulled Pork Sandwich  
With Doritos  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Cinnamon Roll  
Raisels and Juice

21

Stuffed Crust Pizza  
With Tator Tots  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Poptarts  
Applesauce and Juice

22

Chicken Alfredo  
With Bread Stick  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Berry Danish  
Fruit Cup and Juice

23

Chicken Nuggets  
With Potatoes and Gravy  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Banana Bread  
Apple Slices and Juice

24

Lemon Chicken  
With Rice and Roll  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Cereal Bowl and Yogurt  
Raisels and Juice

28

Spaghetti and Meatballs  
With Garlic Toast  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Muffin Mania and Elves  
Apple Crisp and Juice

29

Teriyaki Bites  
With Fried Rice  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Sprinkle Donut  
Apple Slices and Juice

30

Chicken Drumstick  
With Scallop Potatoes  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Bagel W/ Cream Cheese  
Craisins and Juice

31

Cheeseburger  
With Curly Fries  
Fresh Fruit and Veg Bar & Milk  
**Breakfast**  
Chocolate Chip Breakfast Bar  
Fruit Cup and Juice