

JAN 2018

SOUTHGATE CAFETERIA MENU

ALL SCHOOL FREE LUNCH AND
BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3 CHICKEN NUGGETS W/ROLL BROCCOLI W/CHEESE CAULIFLOWER, CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES/MILK CHOICE	4 HOT DOGS ON A BUN BAKED BEANS BROCCOLI, TOMATO & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE MILK CHOICE	5 FISH SHAPES MAC AND CHEESE TOMATO/CARROTS/BROCCOLI DIP SLICED PEARS FRESH FRUIT MILK CHOICE
8 PEPPERONI PIZZA CHEESE PIZZA MARINARA SAUCE SIDE SALAD W/DRESSING PEPPER SLICES & BABY CARROTS CUP W/DIP GRAPES/MANDARIN ORANGES MILK CHOICE	9 CHICKEN RINGS W/ROLL SWEET POTATO FRIES GREEN BEANS PINEAPPLE RINGS APPLES MILK CHOICE	10 CHEESEBURGER/HAMBURGER TATER TOTS CAULIFLOWER, BABY CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES CHOICE OF MILK	11 MINI CORN DOGS BAKED BEANS BROCCOLI, TOMATO & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE MILK CHOICE	12 BOSCO STICKS MARINARA BELL PEPPER STRIPS & BABY CARROTS CUP W/DIP SLICED PEARS FRESH FRUIT CHOICE OF MILK
15 NO SCHOOL	16 FIESTADA CORN SALAD/TOMATOES PINEAPPLE RINGS APPLES CHOICE OF MILK	17 BBQ ON WHOLE WHEAT BUN COLE SLAW CAULIFLOWER/CARROTS/ CUCUMBER AND DIP BANANA SLICED PEACHES MILK CHOICE	18 MEATY CHEESY NACHOS CORN SIDE SALAD W/ DRESSING APPLESAUCE FRESH ORANGE MILK CHOICE	19 CHICKEN SANDWICH BROCCOLI W/CHEESE CAULIFLOWER, CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES/MILK CHOICE
22 CHICKEN FAJITAS LETTUCE/TOMATO SALSA REFRIED BEANS GRAPES MANDARIN ORANGES MILK CHOICE	23 BREAKFAST FOR LUNCH FRENCH TOAST SAUSAGE LINKS HASHBROWNS PEPPER SLICES & BABY CARROTS W/DIP PINEAPPLE RINGS APPLES/MILK CHOICE	24 CHICKEN NUGGETS W/ROLL BROCCOLI W/CHEESE CAULIFLOWER, CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES/MILK CHOICE	25 HOT DOGS ON A BUN BAKED BEANS BROCCOLI, TOMATO & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE MILK CHOICE	26 FISH SHAPES MAC AND CHEESE TOMATO/CARROTS/BROCCOLI DIP SLICED PEARS FRESH FRUIT MILK CHOICE
29 PEPPERONI PIZZA CHEESE PIZZA MARINARA SAUCE SIDE SALAD W/DRESSING PEPPER SLICES & BABY CARROTS CUP W/DIP GRAPES/MANDARIN ORANGES MILK CHOICE	30 FIESTADA CORN SALAD/TOMATOES PINEAPPLE RINGS APPLES CHOICE OF MILK	31 BBQ ON WHOLE WHEAT BUN COLE SLAW CAULIFLOWER/CARROTS/ CUCUMBER AND DIP BANANA SLICED PEACHES MILK CHOICE		

WEEKLY BREAKFAST MENU

Monday SAUSAGE GRAVY / BISCUIT FRUIT/MILK / O.J.	Tuesday BREAKFAST PIZZA FRUIT/MILK / O.J.	Wednesday FRENCH TOAST FRUIT/MILK / O.J.	Thursday WHOLE GRAIN CINNAMINI FRUIT/MILK / O.J.	Friday BREAKFAST BAGEL FRUIT/MILK / O.J.
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*DAILY BREAKFAST OPTIONS: CEREAL AND TOAST, BAGEL AND CREAM CHEESE, ANIMAL CRACKERS AND YOGURT, POPTART, GLAZED DONUTS

*DAILY LUNCH OPTIONS: YOGURT, GRANOLA, STRING CHEESE, GOLDFISH OR UNCRUSTABLE, STRING CHEESE GOLDFISH