

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL	2 NO SCHOOL	3 Crispito Cheese sauce, sand. Vegetable bar Banana Mandarin oranges	4 Oriental chicken Rice, peas Vegetable bar Grapes Mixed fruit
7 Chicken fajita WG shell, cheese Vegetable bar Orange slices, applesauce sandwich	8 Meatball sub WG bun Baked beans Vegetable bar Apple slices, pears	9 Hot beef/bread Mashed pot./gravy Gr. Beans Vegetable bar Strawberries,peaches	10 Pizza Vegetable bar Orange slices Applesauce WG cookie	11 Country fried steak Mashed pot./gravy Carrots, sandwich Vegetable bar Grapes, mix fruit
14 Mini corn dogs Baked beans Vegetable bar Apple slices pears	15 BBQ beef, WG bun Corn Vegetable bar Strawberries peaches	16 Turkey & gravy WG biscuit, peas Vegetable bar Mandarin oranges Mixed fruit	17 Hamburger ,WG bun Green beans Vegetable bar Bananas grapes	18 EARLY OUT Ham& cheese WG bun, peas Vegetable bar Orange slices applesauce
21 Texas straw hats Cheese sauce Refried beans Vegetable bar Apple slices, pears	22 Salisbury steak Mashed pot./gravy GR beans,sandwich Vegetable bar Oranges,applesauce	23 Italian dunkers Cheese bread Mandarin oranges Mix fruit, WG cookie Vegetable bar	24 Chicken nuggets Mash pot./gravy Corn, sandwich Grapes, applesauce Vegetable Bar	25 Mr rib, WG bun Green beans Vegetable bar Peaches Strawberries
28 Hot chicken sand. WG bun, peas Vegetable bar Pears, apple slices	29 Chili & chips Cheese sauce Vegetable bar Peaches, strawberries	30 Spaghetti WG breadstick Vegetable bar Oranges, Banana	31 BBQue WG bun Corn Vegetable bar Grapes, mix. fruit	

BREAKFAST START TIMES:

MS & HS @ George 7:35 AM
Little Rock 7:45 AM
George Elementary 7:45 AM

BREAKFAST PRICES:

Students \$1.30
Adults \$1.75

LUNCH PRICES:

TK – 5 \$2.30
6th – 12th \$2.60
Adults \$3.65

BREAKFAST ITEMS:

Monday & Friday: Cereal
Tuesday: Egg omelet & sausage
Wednesday: French toast sticks
Thursday: Pancake on a stick

BREAKFAST A LA CARTE

ITEMS: MS & HS

Ham bar
Egg wrap
Bacon or sausage pizza

VEGETABLE BAR:

Lettuce
Carrots/broccoli
Boiled Eggs
Pickle spears/cheese/croutons
Ranch/French Dressing

Milk Served Daily

Skim, 1%, Skim Chocolate

George–Little Rock is an equal opportunity employer