



Leal School Menu

January 2019

BREAKFAST

Breakfast will be served in all classrooms this year from 8:10-8:25!

BREAKFAST & LUNCH
Fat Free Chocolate Milk & 1% White Milk

Harvest of the Month: December 12th Yams! Please check the website for more information!!!!

Happy Birthday: Celebrate January Birthdays on January 23rd with a Whole Grain Rice Krispy Treat!

*= Pork Product **= Chicken Product
***=Turkey Product V= Vegetarian
B=Bread Slice 2B=Two Bread Slices

7 **Bagel w/ Cream Cheese**

- Hotdog**
- Cheeseburger
- Sun Butter & Jelly (V)
- Egg Chef Salad w/B (V)

Fruits & Vegetables
Tater Tots, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

8 **Grape Filled Crescent**

- Sloppy Joe Melt
- Breaded Chicken Sandwich
- Sun Butter & Jelly (V)
- Bagel, CC & Cheese Plate (V)

Fruits & Vegetables
Seasoned Baby Peas, Fresh Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups

9 **Sausage, Egg & Cheese Slider**

- Meatball Sub on a Bun
- Popcorn Chicken w/B
- Sun Butter & Jelly (V)
- Romaine/Cheese Salad w/B (V)

Fruits & Vegetables
Steamed Spinach, Fresh Red Pepper Strips, Fresh Green Apple, Diced Peaches

10 **Pancake & Turkey Sausage on a Stick**

- General Tso's & Veg w/ Rice
- Chicken Nuggets w/B
- Sun Butter & Jelly (V)
- Muffin, Yogurt & Cheese Plate (V)

Fruits & Vegetables
Steamed Carrots, Fresh Cauliflower, Fresh Banana, 100% Apple Juice

11 **Oatmeal Chocolate Breakfast Bar**

- Cheese Pizza (V)
- Hot Dog*** on a Bun
- Sun Butter & Jelly (V)
- Turkey & Cheese Sandwich

Fruits & Vegetables
Veg. Baked Beans, Side Salad, Variety Fresh Fruit, Pineapple Cup

14 **Mini Blueberry Waffles**

- Salisbury Steak & Gravy w/B
- Breaded Chicken Sandwich
- Sun Butter & Jelly (V)
- Cheesy Wrap (V)

Fruits & Vegetables
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

15 **Banana Chocolate Breakfast Bar**

- Macaroni & Cheese (V)
- Hot Dog*** on a Bun
- Sun Butter & Jelly (V)
- Popcorn Chicken Salad w/B

Fruits & Vegetables
Veg. Baked Beans, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

16 **Egg & Cheese Sandwich**

- Chicken Tenders w/B
- BBQ Rib* on a Bun
- Sun Butter & Jelly (V)
- Egg Chef Salad w/B (V)

Fruits & Vegetables
Harvest of the Month: Yams
Fresh Red Pepper Strips, Fresh Green Apple, Apricot Halves

17 **Mini Cinnamon Bagels**

- Chicken Nachos w/Tortilla Chips
- Chicken Nuggets w/B
- Sun Butter & Jelly (V)
- Fruit, Yogurt & Cheese Plate (V)

Fruits & Vegetables
Green Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

18 **Chocolate Filled Crescent**

- Pepperoni Pizza*
- Cheese Pizza (V)
- Sun Butter & Jelly (V)
- Ham** Chef Salad w/2B

Fruits & Vegetables
Steamed Broccoli, Side Salad, Variety Fresh Fruit, 100% Grape Juice

21

NO School
MLK Day

22

NO School

23 **Banana Muffin w/ String Cheese**
Ace's Birthday Bash

- Cheese Quesadilla (V)
- Hot Dog*** on a Bun
- Sun Butter & Jelly (V)
- Ham** Chef Salad w/2B

Fruits & Vegetables
Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears

24 **Strawberry Banana Yogurt w/ Elf Grahams**

- Beef Soft Tacos
- Chicken Nuggets w/B
- Sun Butter & Jelly (V)
- Pretzel, Yogurt and Cheese Plate (V)

Fruits & Vegetables
Refried Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

25 **Apple Frudel**

- Pepperoni Pizza*
- Cheese Pizza (V)
- Sun Butter & Jelly (V)
- Ham** & Cheese Sandwich

Fruits & Vegetables
Steamed Spinach, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup

28 **Mini Maple Waffles**

- Pizza Sticks w/ Marinara (V)
- Cheeseburger
- Sun Butter & Jelly (V)
- Cheesy Wrap (V)

Fruits & Vegetables
Green Beans, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

29 **Mini Cinni's**

- Popcorn Chicken w/B
- Hot Dog*** on a Bun
- Sun Butter & Jelly (V)
- Bagel, CC & Cheese Plate (V)

Fruits & Vegetables
Steamed Carrots, Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups

30 **Raspberry Yogurt w/ Elf Grahams**

- Hot Ham** & Cheese on Bun
- Beef Fiestada
- Sun Butter & Jelly (V)
- Romaine/Cheese Salad w/B (V)

Fruits & Vegetables
Seasoned Baby Peas, Fresh Broccoli, Fresh Green Apple, Diced Peaches

31 **Mini Strawberry Pancakes**

- Tater Tot Chicken Nachos w/ Scps
- Chicken Nuggets w/B
- Sun Butter & Jelly (V)
- Muffin, Yogurt & Cheese Plate (V)

Fruits & Vegetables
Veg. Baked Beans, Fresh Cucumber Slices, Fresh Banana, 100% Apple Juice

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