

January 2018

Sauk Prairie MS and HS Menu

*PLEASE NOTE: Carbohydrate counts are based on information obtained from manufacturers and school recipes and may vary due to product substitutions and/or recipe variations. If you or your child have a medical condition, please check the manufacturer label before consuming any food at school*

All Meals Served with Choice of Skim (13), 1% (13), or Skim Chocolate Milk (18)

Red= High School Portion  
 $\frac{1}{2}$  cup fruit serving listed

Monday	Tuesday	Wednesday	Thursday	Friday
1  No School	2  No School	3  Mini Corn Dogs (33) Baked Beans (30) Garden Salad Bar (~2) Pears (14)	4  Cheese Pizza Round (43) Green Beans (4) Garden Salad Bar (~2) Banana (17)	5  Mac & Cheese (30) Pretzel Bites (25) Steamed Peas (11) Garden Salad Bar (~2) Red & Green Grapes (14) Banana Snack Cake (26)
8  Super Nachos (3) Corn Tortilla Chips (36) Black Beans (20) Steamed Corn (13) Veggie Toppings (~2) Strawberry Cup (22)	9  Chicken Patty (14) On a Whole Grain Bun (20) Curly Fries (23) Garden Salad Bar (~2) Pineapple (16)	10  Pulled Pork Sandwich On a Hoagie Bun (30) Baked Beans (29) Garden Salad Bar (~2) Apple (8) Baked Lay's Chips (26)	11  Honey Sriracha Boneless Wings (14) Honey Biscuit (32) Garden Salad Bar (~2) Orange Wedges (10)	12  Garlic French Bread Pizza (34) With Marinara Sauce (7)(14) Garden Salad Bar (~2) Peaches (12) School Made Sugar Cookie (~20)
15  Mini Pancakes (39) Cheesy Omelet Seasoned Potatoes (25) Carrots (6) Applesauce (22)	16  Chicken & Gravy over Mashed Potatoes (~10) Dinner Roll (15) Steamed Broccoli (1) Strawberries & Banana Halves (~11)	17  Pepperoni Pizza (35) Green Beans (4) Garden Salad Bar (~2) Pear Slices (16)	18  Turkey Hot Dog On a Whole Grain Bun (27) Baked Beans (30) Apple Slices (8) Chocolate Pudding (16)	19  Whole Wheat Pasta (38) With Meatballs (3) & Marinara (14) Bread Stick (15) Garden Salad Bar (~2) Pineapple (16)
22  Yang's BBQ Chicken Teriyaki (6) Steamed Brown Rice (23)(46) Steamed Broccoli (1) Cucumber & Cherry Tomato (1) Peach Slices (12)	23  Beef Taco (4) Soft Shell (29) Assorted Veggie Toppings (~2) Cheesy Pinto Beans (20) Strawberry Shortcake (~32)	24  Italian Mozzarella Sticks (31) With Marinara Sauce (7) Garden Salad Bar (~2) Tropical Fruit Mix (~16)	25  Chicken Noodle Soup (18) Dinner Roll & Crackers (20) Cheddar Cheese Cubes (1) Garden Salad Bar (~2) Banana (17)	26  Ham & Cheese On a Pretzel Bun (29) Potato Wedges (20) With Dipping Sauce (1) Garden Salad Bar (~2) Craisins (28)
29  French Toast Sticks (24)(32) W/Blueberry Syrup (27) Sausage Patty (1) Potato Smiles (20) Broccoli Florets (1) Applesauce (22)	30  Cheeseburger On a Whole Grain Bun (20) Sweet Potato Fries (17) Garden Salad Bar (~2) Pineapple Tidbits (16)	31  Chicken Quesadilla (38) Refried Beans (19) Steamed Corn (13) Assorted Veggie Toppings (~2) Orange Wedges (10)		

This institution is an equal opportunity provider.



## January 2018 Sauk Prairie MS & HS Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Breakfast Pizza (56)* Egg & Bacon Pizza (46)* Fruit (~15), Juice (14)  *serving = 2 slices	Mini Cinnis (37) Fruit (~15), Juice (14)	MS: School Made Muffin (~39) with Colby Jack Cheese Stick Fruit (~15), Juice (14)  HS: Cranberry Fruit Oatmeal Fruit (~15), Juice (14) <b>*MS and HS=Mini Cinni on 1/3*</b>	Warm Oatmeal-Chocolate Chip Breakfast Round (44) Fruit (~15), Juice (14)  <b>*MS=Muffin &amp; Cheese Stick 1/4*</b> <b>*HS=Oatmeal on 1/4*</b>	English Muffin Sandwich (24) Fruit (~15), Juice (14)

### Cold Breakfast Option

**Cereal:** *Trix (reduced sugar), Golden Grahams, & Apple Cinnamon or Multigrain Cheerios*

**Yogurt or String Cheese**

**Juice & Fruit**

**Milk**

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