



Approved Cereals:
 Rice Chex, Frst Mini Wheats, Choc Frst Mini Wheats, Cinn Toast Crunch, Cheerios, Rice Krispies

Study Shining Stars Breakfast & Lunch January, 2019

(1)

1
No School

2
No School

3
Country Chicken Biscuit
 Fresh Banana
 White Milk

Salisbury Steak
 Gravy
 Dinner Roll
 Mashed Potatoes
 Applesauce Cup
 White Milk

4

5

(2)

7
Cereal
 Diced Pears
 White Milk

Cheeseburger
 French Fries
 100% Fruit Juice
 White Milk

8
Cinni Mini's
 100% Fruit Juice
 White Milk

Country Popcorn Chix Bowl
 Corn
 Applesauce Cup
 White Milk

9
Mini Maple Waffles
 Elf Grahams
 Orange Wedges
 White Milk

Cheese Pizza
 Garden Salad
 100% Fruit Juice
 White Milk

10
Cereal
 Elf Grahams Fresh
 100% Fruit Juice
 White Milk

Chix Nuggets
 Baby Carrots
 Peach Applesauce Cup
 White Milk

11

(3)

14
Country Chicken Biscuit
 Diced Pears
 White Milk

Chicken Tenders
 Baby Carrots
 100% Fruit Blend Juice
 White Milk

15
Cereal
 Elf Grahams
 100% Fruit Juice
 White Milk

Chix & Maple Syrup Waffle
 Swt Potato Bites
 Orange Wedges
 White Milk

16
Mini Maple Waffles
 Applesauce
 White Milk

Turkey & Chz Salad Dinner Roll
 Fresh Zucchini
 Squash
 Diced Peaches
 White Milk

17
Cham* & Cheese Bagel
 Banana
 White Milk

Beef Soft Tacos
 Corn
 Applesauce Cup
 White Milk

18

(4)

21
MLK Jr. Day

22
Grape Crescent
 100% Fruit Juice
 White Milk

Spaghetti & Meatballs
 Roasted Carrots
 Sliced Apples
 White Milk

23
Apple Bosco Stick
 Diced Peaches
 White Milk

Country Popcorn Chicken Bowl
 Green Beans
 Diced Peaches
 White Milk

24
Cereal
 Elf Grahams
 Applesauce
 White Milk

Cheese Pizza
 Baked Beans
 Applesauce Cup
 White Milk

25

(5)

28
Benefit Bar
 Sliced Apples
 White Milk

Salisbury Steak
 Gravy
 Dinner Roll
 Mashed Potatoes
 Orange Wedges
 White Milk

29
Cereal
 Elf Grahams
 100% Fruit Juice
 White Milk

Grilled **Cham & Chz Sandwich
 Celery Sticks
 Diced Pears
 White Milk

30
Chz, Egg & Tky Bacon Bosco Stick
 Elf Grahams
 Diced Peachs
 White Milk

Cheeseburger
 French Fries
 Diced Peaches
 White Milk

31
Cereal
 Elf Grahams
 Banana
 White Milk

Chicken Tenders
 Dinner Roll
 Garden Salad
 Applesauce Cup
 White Milk

32

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

Breakfast Prices: Full Priced: \$1.25
 Reduced: \$.30
 BIC Sites: Free

Menus are subject to change without notice.

Milk
 1% White

*May contain pork
 **Chicken Ham