



Bement Jr High & High School Menu

January 2018

NO SCHOOL CHRISTMAS VACATION

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NO SCHOOL TEACHERS INSTITUTE

4 Glazed Donut

- 1) Nachos w/ Tortilla Scoops
- 2) Chicken Nuggets w/ BS
- 3) Fruit, Yogurt and Cheese Plate (V)
- 4) Meat Lovers Pizza

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

5 Breakfast Pizza*

- 1) Grilled Cheese w/ Bacon
- 2) Cheeseburger
- 3) Italian Salad w/BS**
- 4) Cheese Pizza (V)

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

8 Biscuits & Gravy

- 1) Salisbury Steak & Gravy w/ BS
- 2) Breaded Chicken Patty
- 3) Ham & Cheese Sub
- 4) Pepperoni Pizza**

Fruits & Vegetables
Seasoned Baby Peas, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

9 Warm Cinnamon Roll

- 1) Country Popcorn Chicken Bowl
- 2) Hot Dog on a Bun
- 3) Bagel, CC & Cheese Plate (V)
- 4) Taco Pizza

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

10 Pancakes w/Syrup

- 1) BBQ Rib* on a Bun
- 2) Beef Fiesta
- 3) Popcorn Chicken Salad w/BS
- 4) Sausage Pizza*

Fruits & Vegetables
Tater Tots, Fresh Broccoli, Fresh Green Apple, Diced Peaches

11 Cheesy Scrambled Eggs, Toast & Hashbrown

- 1) Cheesy Baked Penne (V)
- 2) Chicken Nuggets w/BS
- 3) Peanut Butter & Jelly (V)
- 4) Meat Lovers Pizza

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

12 Powdered Sugar Donut

- 1) Fish & Cheese Melt
- 2) Chicken Tenders w/BS
- 3) Turkey & Cheese Wrap
- 4) Cheese Pizza (V)

Fruits & Vegetables
Golden Kernel Corn, Side Salad, Variety Fresh Fruit, Pineapple Cup

15 **NO SCHOOL**

16 Strawberry Banana Yogurt w/ Toast

- 1) Tater Tot Chicken Nachos w/ Scps
- 2) Hot Dog on a Bun
- 3) Ham & Cheese Wrap
- 4) Taco Pizza

Fruits & Vegetables
Golden Kernel Corn, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

17 Mini Maple Waffles

- 1) Corn Dog on a Stick
- 2) Breaded Chicken Patty
- 3) Italian Salad w/BS
- 4) Sausage Pizza*

Fruits & Vegetables
French Fries, Fresh Red Pepper Strips, Fresh Green Apple, Diced Peaches

18 Chocolate Glazed Donuts

- 1) General Tso Chicken w/Rice
- 2) Chicken Nuggets w/BS
- 3) Peanut Butter & Jelly (V)
- 4) Meat Lovers Pizza

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

19 Cheese Omelet, Toast & Hashbrown

- 1) BBQ Chicken Flatbread
- 2) Grilled Cheese (V)
- 3) Turkey & Cheese Sub
- 4) Cheese Pizza (V)

Fruits & Vegetables
Baked Beans, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup

22 January Birthday Celebration Mini Maple Pancakes

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Ham** Chef Salad w/BS
- 4) Pepperoni Pizza**

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

23 French Toast Sticks w/Syrup

- 1) Chili Mac
- 2) Breaded Chicken Patty
- 3) Bagel, CC & Cheese Plate (V)
- 4) Taco Pizza

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

24 Bagel w/ Cream Cheese

- 1) Chicken Tenders w/BS
- 2) BBQ Rib* on a Bun
- 3) Peanut Butter & Jelly (V)
- 4) Sausage Pizza*

Fruits & Vegetables
Baked Beans, Fresh Red Pepper Strips, Fresh Green Apple, Diced Peaches

25 Breakfast Pizza*

- 1) Chicken Penne w/ Alfredo
- 2) Chicken Nuggets w/BS
- 3) Pretzel, Yogurt & Cheese Plate (V)
- 4) Meat Lovers Pizza

Fruits & Vegetables
Brussels Sprouts, Fresh Cauliflower, Fresh Banana, 100% Apple Juice

26 Warm Cinnamon Roll

- 1) Cheeseburger
- 2) Hot Dog on a Bun
- 3) Turkey & Cheese Sandwich
- 4) Cheese Pizza (V)

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

29 Banana Chocolate Chunk Bar

- 1) Pancakes w/Sausage
- 2) Corn Dog on a Stick
- 3) Peanut Butter & Jelly (V)
- 4) Pepperoni Pizza**

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

30 Cinnamon Sugar Donut

- 1) Sloppy Joe Melt
- 2) Breaded Chicken Patty
- 3) Popcorn Chicken Salad w/BS
- 4) Taco Pizza

Fruits & Vegetables
Green Beans, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

31 Triple Berry French Toast

- 1) Meatball Sub on a Sub
- 2) Cheese Quesadilla (V)
- 3) Ham** & Cheese Sandwich
- 4) Sausage Pizza*

Fruits & Vegetables
Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Apricot Halves

NO SCHOOL

Breakfast Prices

\$0.00 Free
\$0.30 Reduced
\$1.50 Paid (All Grades)

Lunch Prices

\$0.00 Free
\$0.40 Reduced
\$2.70 Paid (K-5)
\$2.80 Paid (6-8)
\$2.90 Paid (9-12)

BREAKFAST

WG Cereal, Breakfast Bars, Muffins, Cinnamon toast, String Cheese, Fresh Fruit and 100% Fruit Juice offered daily!

BREAKFAST & LUNCH

Fat Free Chocolate Milk, Fat Free Strawberry Milk & 1% White Milk

OFFERED DAILY AT HIGH SCHOOL LUNCH

French Fries
Dinner Roll & Butter

More info...
January 22nd-Celebrate January Birthdays with a Whole Grain Rice Krispy Treat!
*= Pork Product
**= Chicken Product
BS=Bread Slice
V=Vegetarian