

BREAKFAST

MONDAY

Breakfast Pizza

TUESDAY

Egg, Ham, and
Cheese Sandwich

WEDNESDAY

French Toast Sticks with
Warm Maple Syrup

THURSDAY

Scrambled Eggs and Sausage

FRIDAY

Cinnamon Roll

Everyday Choices:

Peanut Butter and Jelly Bar, Bagel,
Fruit Muffin, OR Cereal and Toast

Breakfast Prices

\$.30 reduced; \$.70 paid; \$1.20 adult

Extra Milks-\$.50

In order to qualify for a reimbursable **breakfast**, you must choose 3 of the 4 components: Meat/Meat alt, or Bread/Bread alt, or Meat/Bread, Fruit/Vegetable, Milk.

All breakfasts and lunches are served with an assortment of fruit choices and milk choice. Milk choices include Fat Free White and Fat Free Flavors. Applesauce and carrot and/or celery



Drinking milk at school is cool! The National Dairy Council recommends three servings a day of low fat milk products. Nutrition, Inc. offers a variety of fat free milk that includes white and flavored

Hot chocolate (also called hot cocoa, drinking chocolate or just cocoa) is a hot drink. It is usually made by mixing chocolate or cocoa powder and sugar with warm milk or water. Hot chocolate is usually drunk to make the drinker feel happier or warmer.

BRADFORD AREA HIGH SCHOOL BREAKFAST & LUNCH MENU JANUARY 2012

- 3 **CHICKEN NUGGETS with BREAD SLICE, WHIPPED POTATOES with GRAVY**
- 4 **PHILLY CHEESESTEAK WEDGIE, BUTTERED CORN**
- 5 **MACARONI & CHEESE with WHOLE WHEAT BREAD SLICE, GREEN BEANS**
- 6 **PULLED PORK SANDWICH, STEAMED CARROTS**
- 9 **BUFFALO CHICKEN QUESADILLA, OVEN FRIES**
- 10 **GRILLED CHEESE SANDWICH with TOMATO SOUP and CRACKERS, MIXED VEGETABLES**
- 11 **HOT PORK SANDWICH with GRAVY, BUTTERED CORN**
- 12 **BAKED LASAGNA with GARLIC BREADSTICK, GARDEN SALAD**
- 13 **MINI CORN DOGS with BREAD SLICE, STEAMED GREEN BEANS**
- 16 **NO SCHOOL!!**
- 17 **CHEESE DOG IN A BLANKET, OVEN FRIES**
- 18 **CHICKEN ALFREDO over PASTA with GARLIC BREADSTICK, BROCCOLI**
- 19 **BBQ PORK WEDGIE, GOLDEN CORN**
- 20 **SLOPPY JOE on a BUN, MIXED VEGETABLES**
- 23 **FISH STICKS with WHOLE WHEAT BREAD SLICE, GREEN BEANS**
- 24 **HOT MEATLOAF SANDWICH, MASHED POTATOES with GRAVY**
- 25 **PORK BURRITO with FIESTA RICE, BUTTERED CORN**
- 26 **SPAGHETTI and MEAT SAUCE with GARLIC BREADSTICK, GARDEN SALAD**
- 27 **PANCAKES and SAUSAGE with MAPLE SYRUP, HASH BROWN PATTY**
- 30 **CHICKEN NUGGETS with WHOLE WHEAT BREAD, BUTTERED CORN**
- 31 **MEATBALL SUB, GREEN BEANS**

All ground meat items may contain a combination of ground Beef, pork, and/or turkey. Menu items are subject to change.



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Everyday Choices:

Choose Two for a Healthier You Salads and Sandwiches, Chicken Patty Sandwich, Hamburger or Cheeseburger on a Bun, Pepperoni Pizza, Cheese Pizza, Made-to-Order Sandwich, Premade Salad with Roll or Deli Sandwich Including Triple Decker PBJ Sandwich

DAILY FAVORITES

MONDAY

White Pizza
Hot Ham and Cheese Melt

TUESDAY

Cheese Steak Pizza
Spicy Chicken Patty
Sandwich

WEDNESDAY

Buffalo Chicken Wing Pizza
Grilled Chicken Sandwich

THURSDAY

Taco Pizza
Buffalo Chicken Sandwich

FRIDAY

BBQ Ham Pizza
Fish Sandwich

WEEKLY SPECIALTY BAR

1/3 to 1/6 MEXI BAR

Taco Meat or Chicken Fajita Strips on a Tortilla Shell or Nachos with Fiesta Rice, and Refried Beans

1/9 to 1/13 MEAT and GRAIN BAR

Turkey and Gravy, Beef Stroganoff, Pork and Beans, Bread, Egg Noodles, Rice, Mixed Vegetables

1/17 to 1/20 Chef's Choice

1/23 to 1/27 HOT DOG BAR

Hot Dog on a Roll topped with Hot Dog Sauce, Cheese Sauce, Sauerkraut, and/or Coleslaw, and Baked Beans

1/30 to 2/3 SOUP and BREAD BAR

Chili con Carne with Beans, Pork Stew, Vegetable Beef Soup, Variety of Bread Choices, Hot Vegetable

Lunch Prices:

\$.40 reduced; \$1.45 paid; \$2.75 adult

Extra Milks-\$.50

In order to qualify for a reimbursable **lunch**, you must choose 3, 4 or 5 items from these components: meat/meat alt., fruit and/or vegetable, bread, and milk.