

# JANUARY 2019

# Three Forks School

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

NO School

2

NO School

3

**BREAKFAST**  
Ham & Egg Croissant  
7-Grain Hot Cereal  
**LUNCH**  
Chicken Alfredo  
California Blend Veggies  
Roll  
Fruit

4

**BREAKFAST**  
Bagel / Cream Cheese  
Cold Cereal  
**LUNCH**  
Pulled Pork Sandwich  
Coleslaw / Baked Beans  
Fruit

7

**BREAKFAST**  
Ham & Cheese Omelette  
Cold Cereal  
**LUNCH**  
Spaghetti & Meatsauce  
Corn / Fruit  
Garlic Toast

8

**BREAKFAST**  
Sausage & Egg McMuffin  
7-Grain Hot Cereal  
**LUNCH**  
Riblets  
Tater Circles  
Fruit  
Rice Crispie Treat

9

**BREAKFAST**  
French Toast / Bacon  
Cold Cereal  
**LUNCH**  
Burrito  
Spanish Rice  
Fruit

10

**BREAKFAST**  
Breakfast Pizza  
7-Grain Hot Cereal  
**LUNCH**  
Turkey & Bacon Sub  
Chips/ Pickle Spear  
Fruit

11

**BREAKFAST**  
Pancake Wrap  
Cold Cereal  
**LUNCH**  
Hamburger  
Fixin's  
French Fries  
Fruit

14

**BREAKFAST**  
Breakfast Burrito  
Cold Cereal  
**LUNCH**  
Pizza Pasta  
Italian Dunkers  
Corn / Fruit

15

**BREAKFAST**  
Biscuits & Gravy  
7-Grain Hot Cereal  
**LUNCH**  
Chili  
Cinnamon Roll  
Applesauce Cups

16

**BREAKFAST**  
French Toast / Bacon  
Cold Cereal  
**LUNCH**  
Hot Dog  
With or without Chili  
Chips  
Veggies / Fruit

17

**BREAKFAST**  
Ham & Egg Croissant  
7-Grain Hot Cereal  
**LUNCH**  
Pizza  
Salad Mix  
Fruit

18

NO School

21

**BREAKFAST**  
Ham & Cheese Omelette  
Cold Cereal  
**LUNCH**  
"Just like KFC Bowl"  
Fixin's  
Fruit

22

**BREAKFAST**  
Sausage & Egg McMuffin  
7-Grain Hot Cereal  
**LUNCH**  
Mexican Haystacks  
Fixin's  
Fruit

23

**BREAKFAST**  
French Toast / Bacon  
Cold Cereal  
**LUNCH**  
Corn dogs  
Chips  
Cheese Stick  
Fruit

24

**BREAKFAST**  
Breakfast Pizza  
7-Grain Hot Cereal  
**LUNCH**  
Chicken Fried Steak  
Mashed Potatoes & Gravy  
Green Beans / Fruit

25

NO School

28

**BREAKFAST**  
Breakfast Burrito  
Cold Cereal  
**LUNCH**  
Oriental Chicken  
Long Grain Rice  
Chow Mein Noodles  
Egg Roll / Fruit  
Fortune Cookie

29

**BREAKFAST**  
Sausage & Egg McMuffin  
7-Grain Hot Cereal  
**LUNCH**  
Ground Beef Stroganoff  
Green Beans  
Homemade Roll  
Fruit

30

**BREAKFAST**  
French Toast / Bacon  
Cold Cereal  
**LUNCH**  
Cluckers  
Fixin's  
Tatertots  
Fruit

31

**BREAKFAST**  
Ham & Egg Croissant  
7-Grain Hot Cereal  
**LUNCH**  
Meatball Sub  
Chips  
Veggies / Fruit  
Pudding

## Salad Bar

This is offered everyday  
3<sup>rd</sup> Grade and UP!

Romain Lettuce  
Shredded Lettuce  
Caesar Salad  
Olice Garden Salad  
Spinach & Coleslaw  
Cottage Cheese  
& Assorted Toppings

## Sandwich Bar

Is available Monday - Thursday  
Elementary

Monday - Ham & Cheese  
Tuesday - Tuna & Cheese  
Wednesday - PB & Jelly  
Thursday - Turkey & Cheese

6<sup>th</sup> Grade and UP  
Whole Grain Bread Choices  
Turkey, Ham & Roast Beef  
Tuna & Egg Salad  
Cheddar, Provolone, Pepperjack  
& American Cheese  
Lettuce, Tomato, Onion, Olives,  
& Banana Peppers

Menu subject to Change  
Notice given when Possible

DID YOU KNOW...  
January's gem is  
garnet which  
represents  
constancy.