

January 2023

Henry L. Slater Elementary Menu

BREAKFAST IS COMPLEMENTARY TO ALL STUDENTS (after morning bell)

Lunch – \$3.00 paid SY22-2023 & 0¢-reduced Extra Milk – 45¢ Juice is .45¢

Lunch includes: Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Menu is subject to change. Some items may contain nuts.

Food allergies need to be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when student is participating in the breakfast or lunch programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LAST DAY OF WINTER BREAK	3 Breakfast Cereal bar w/ String Cheese Fruit & Milk Lunch Homemade Chili w/ Corn Bread Beef Tostada Seasoned Rice w/ Fruit, Veggies, Milk	4 Breakfast WG Muffins w/Cracker Applesauce & Milk Lunch Meat Spaghetti w/ Tx Toast Corn Dog Fruit, Veggies, Milk	5 Breakfast String Cheese, Cracker Apple and Milk Lunch Hamburger Hot Dog w/ Baked Beans Fruit , Veggies, Milk
	9 Breakfast Chocolate Oat Bar Peaches & Milk Lunch Homemade Ham & Potato Soup w/ Roll Pretzel W Cheese & Green Beans Fruit, veggies, Milk	10 Breakfast Bagel w/ Cream cheese Applesauce & Milk Lunch Quesadilla Chicken Philly Sand Fruit, veggies, Milk	11 Breakfast Warm Waffle Apple & Milk Lunch Orange Chicken w/ Fried Rice Turkey & Cheese Sand Fruit, veggies, Milk
NO SCHOOL MARTIN LUTHER KING JR DAY	16	17 Breakfast Yogurt w/ Cracker Fruit, Milk Lunch Nacho's w/ Meat & Cheese Bean & Cheese Burrito Sweet Corn Fruit, veggies, Milk	18 Breakfast Cinnamon Roll Applesauce, Milk Lunch Homemade Meat Lasagna w/ TX Toast or Corn Dog Green Beans Fruit, veggies, Milk
	19 Breakfast Cereal , Sun seeds Dried Fruit & Milk Lunch BBQ Pork Rib Sand Meat Salad & Roll Fruit, veggies, Milk Friday School	23 Breakfast Apple Strudel Apple Juice, Milk Lunch Homemade Chicken Noodle Soup w/ Roll & Cheese Stix Toasted Cheese Sand Fruit, Veggies, Milk	24 Breakfast Hot Biscuit w/ Jelly Applesauce Milk Lunch Crunchy Beef Taco Chicken Nuggets Corn, Fruit, veggies, Milk
26 Breakfast Cereal Bar, sun Seeds Fruit and Milk Lunch Chicken Burger w/ FF Corn dog Fruit, veggies, Milk	29 Breakfast Waffle Apple Juice, Milk Lunch Alfredo & Noodles w/ Tx Toast Cheesy Chicken Pizza Sub Fruit, veggies, Milk	30 Breakfast Nutri- Grain Bar w/ Cracker Peaches, Milk Lunch Italian Meatball Sub Yogurt & Granola Pack Fruit, veggies, Milk	Friday school Jan 20 Cereal, Cracker Banana & Milk Lunch (Only Option) Pizza Fruit, veggies, Milk

This institution is an equal opportunity provider.