



January Menu 2015
Ashland-Greenwood Breakfast/Lunch



Breakfast: Cheesy Omelet w/ wg Toast Or Cereal w/ wg Toast Fruit Lunch: Chicken nuggets WG dinner roll Mashed Potatoes & Gravy Celery Mandarin Oranges	Breakfast: WG French Toast Or Cereal w/ wg Toast Fruit or Juice Lunch: Crispito w/ Cheese WG Scooby crackers California Blend veggies Cucumber slices Red apple	Breakfast: Egg & Cheese on Bagel Or Cereal w/ wg Toast Fruit Lunch: Hamburger on WG bun Baked beans Carrots Diced peaches	Breakfast: WG Pancake on Stick Or Cereal w/ wg Toast Fruit or Juice Lunch: Pizza mozzarella cheese sticks MSHS: Orange chicken All: Rice Steamed peas Red pepper slices Kiwi	Breakfast: WG Breakfast Pizza Or Cereal w/ wg Toast Fruit Lunch: E: Teriyaki chicken MSHS: Orange chicken All: Rice Steamed peas Red pepper slices Kiwi
Breakfast: Cheesy Omelet w/ wg Toast Or Cereal w/ wg Toast Fruit Lunch: Sloppy Joe on wg bun Tator tots Steamed asparagus Orange	Breakfast: WG French Toast Or Cereal w/ wg Toast Fruit or Juice Lunch: Fiesta pizza Steamed cauliflower Celery Mixed fruit	Breakfast: Egg & Cheese on Bagel Or Cereal w/ wg Toast Fruit Lunch: Malibu chicken WG dinner roll Romaine lettuce Tomato slices Banana	Breakfast: WG Pancake on Stick Or Cereal w/ wg Toast Fruit or Juice Lunch: Chili w/ beans WG corn chips WG cinnamon roll Carrots Juice cup	Breakfast: WG Breakfast Pizza Or Cereal w/ wg Toast Fruit Lunch: Hot dog on wg bun Green beans Cucumber slices Golden apple
Breakfast: Cheesy Omelet w/ wg Toast Or Cereal w/ wg Toast Fruit Lunch: Soft taco w/ cheese WG goldfish crackers Shredded lettuce Tomato slices Kiwi	Breakfast: WG French Toast Or Cereal w/ wg Toast Fruit or Juice Lunch: Spaghetti w/ meat sauce WG breadstick Steamed peas Diced peaches	Early Dismissal Breakfast: Egg & Cheese on Bagel Or Cereal w/ wg Toast Fruit Lunch: BBQ pork rib on WG bun Baked beans Steamed carrots Mixed fruit	Breakfast: WG Pancake on Stick Or Cereal w/ wg Toast Fruit or Juice Lunch: Ham & Egg bagel sandwich Tri tator Celery Warm apples	Breakfast: WG Breakfast Pizza Or Cereal w/ wg Toast Fruit Lunch: WG meat lovers stromboli Steamed broccoli w/ cheese Red/yellow pepper slices Grapes
Breakfast: Cheesy Omelet w/ wg Toast Or Cereal w/ wg Toast Fruit Lunch: Shredded BBQ pork on wg bun French fries Cauliflower Strawberries	Breakfast: WG French Toast Or Cereal w/ wg Toast Fruit or Juice Lunch: WG Toasted cheese sandwich WG soup crackers Tomato Soup Celery Apple	Breakfast: Egg & Cheese on Bagel Or Cereal w/ wg Toast Fruit Lunch: Chicken parmesan WG breadstick Spinach garden salad Diced pears	Breakfast: WG Pancake on Stick Or Cereal w/ wg Toast Fruit or Juice Lunch: Pepperoni pizza Broccoli Cucumber slices Banana	Breakfast: WG Breakfast Pizza Or Cereal w/ wg Toast Fruit Lunch: Breaded chicken on wg bun Baked beans Green pepper slices Mandarin oranges
Breakfast: Cheesy Omelet w/ wg Toast Or Cereal w/ wg Toast Fruit Lunch: E: Orange chicken MSHS: General Tso chicken All: Rice Carrots & Red pepper slices Kiwi	Breakfast: WG French Toast Or Cereal w/ wg Toast Fruit or Juice Lunch: Hamburger on wg bun Green beans Cauliflower Grapes	Breakfast: Egg & Cheese on Bagel Or Cereal w/ wg Toast Fruit Lunch: Chicken fajita w/ cheese WG goldfish crackers Shredded lettuce Refried beans Juice cup	Breakfast: WG Pancake on Stick Or Cereal w/ wg Toast Fruit or Juice Lunch: Cavatini WG breadstick Corn Orange	Breakfast: WG Breakfast Pizza Or Cereal w/ wg Toast Fruit Lunch: E: Meatballs & WG dinner roll MSHS: Meatball sub Steamed broccoli Celery Applesauce

Meal Prices in Effect for 2014-2015

Breakfast: Elementary & MS/HS - \$1.50
 Visitor - \$3.00
Lunch: Elementary - \$2.35
 MS/HS - \$2.55
 Visitor - \$3.75
 Milk .40 cents Juice .40 cents

******MILK IS SERVED WITH ALL MEALS******

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