






# Clear Lake Elementary School Breakfast Menu~January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2 Breakfast Cereal Or Oatmeal Pop Tart Fruit Juice Fruit Milk Choice</p>	<p>3 Breakfast Cereal Or Mini Donuts Cheese Omelet Fruit Juice Fruit Milk Choice</p>	<p>4 Breakfast Cereal &amp; Graham Crackers Or Pancakes With Syrup Fruit Juice Fruit Milk Choice</p>	<p>5 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p>8 Breakfast Cereal Or Oatmeal Chocolate Chip “UBR” Fruit Juice Fruit Milk Choice</p>	<p>9 Breakfast Cereal Or Sausage Pizza Graham Crackers Fruit Juice Fruit Milk Choice</p>	<p>10 Breakfast Cereal &amp; Nutri Grain Bar Or Ham &amp; Cheese Bagel Fruit Fruit Juice Milk Choice</p>	<p>11 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice</p>	<p>12 Breakfast Cereal Or French Toast Sticks Cheese Omelet Fruit Juice Fruit Milk Choice</p>
<p>15 Breakfast Cereal &amp; Graham Crackers Or Pancake Sausage Stick With Syrup Fruit Juice      Fruit Milk Choice</p>	<p>16 Breakfast Cereal Or Oatmeal Cereal Bar Fruit Juice Fruit Milk Choice</p>	<p>17 Breakfast Cereal Or Donut Holes Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>18 Breakfast Cereal and Yogurt Or Peanut Butter &amp; Jelly “Uncrustable” Fruit Juice Fruit      Milk Choice</p>	<p>19 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice</p>
<p>22 <b>NO SCHOOL</b></p> 	<p>23 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>24 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice</p>	<p>25 Breakfast Cereal &amp; Cheese Stick Or Ham &amp; Cheese Bagel Sandwich Fruit Juice      Fruit Milk Choice</p>	<p>26 Breakfast Cereal Or Donut Holes Yogurt Fruit Juice Fruit Milk Choice</p>
<p>29 Breakfast Cereal Or Oatmeal Pop Tart Fruit Juice Fruit Milk Choice</p>	<p>30 Breakfast Cereal Or Mini Donuts Cheese Omelet Fruit Juice Fruit Milk Choice</p>	<p>31 Breakfast Cereal &amp; Yogurt Or Sausage &amp; Cheese Sandwich Fruit      Fruit Juice Milk Choice</p>	<p><b>Breakfast Served: 8:00 to 8:17 a.m. each school day</b> Milk Choices served daily: White Skim, White 1%, &amp; Chocolate Skim <b>Juice Choices served daily: Apple, Grape, &amp; Orange</b> <i>Menu Subject to Change.</i> This institution is an equal opportunity provider.</p>	



# Clear Lake Elementary School Lunch Menu~January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2 Breaded Chicken Patty Or Fish on a Bun Curly Fries Green Beans Sliced Peaches    Fruit Juice Milk Choice</p>	<p>3 Chicken Fajita Wrap Or Yogurt, Cheese Stick, &amp; Muffin Carrots With Dip Black Beans            Rice Pineapple Milk Choice</p>	<p>4 Turkey &amp; Gravy With Biscuit Or PB &amp; J “Uncrustable” Mashed Potatoes Steamed Corn            Craisins Sliced Apples            Milk Choice</p>	<p>5 Stromboli Or Calzone Or “Goldfish Bowl” Spaghetti Sauce Vegetables With Dip Grapes            Pudding Cup Milk Choice</p>
<p>8 Cheese Pizza Or Turkey &amp; Cheese Wrap Garden Salad Bar Steamed Corn Sliced Apples Milk Choice</p>	<p>9 Hot Dog on a Bun Or Meatball Sandwich Tator Tots Baked Beans Orange Smiles Milk Choice</p>	<p>10 Taco in a Bag Or Soft-Shell Taco Fixings    Refried Beans Mandarin Oranges Slushie Fruit Cup Milk Choice</p>	<p>11 Chicken Strips Or Teriyaki Chicken Seasoned Rice    Green Beans Vegetables With Dip Sliced Peaches Milk Choice</p>	<p>12 Hot Ham &amp; Cheese Sandwich Or Warrior Burger French Fries            Milk Carrots With Dip Applesauce    Blueberries</p>
<p>15 PB &amp; J “Uncrustable” Or Goldfish &amp; Cheese Stick Vegetables With Dip Yogurt Cup            Crackers Chicken Noodle Soup Strawberries            Milk Choice</p>	<p>16 “Brunch Lunch” Cheese Omelet Sausage Links Dragon Punch Hash brown            Muffin Orange Smiles    Milk Choice</p>	<p>17 Pizza Sticks Or Italian Flatbread Spaghetti Sauce Steamed Corn            Pears Garden Salad Bar Cookie            Milk Choice</p>	<p>18 Mini Corn Dogs Or Chef Salad Macaroni &amp; Cheese Steamed Broccoli Carrots With Dip Applesauce    Milk Choice</p>	<p>19 Sloppy Joe Or Grilled Chicken on a Bun Curly Fries Baked Beans Mandarin Oranges Milk Choice</p>
<p>22</p>  <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p>23 Barbeque Riblet Or Chicken Patty on a Bun Potato Smiles Or Au Gratin Potatoes Green Beans            Peaches Milk Choice</p>	<p>24 “Oodles of Noodles” With Meat Sauce Or Chicken Alfredo Breadstick Garden Salad Bar Sliced Pears            Milk</p>	<p>25 Chicken Nuggets Mashed Potatoes/Gravy Dinner Roll Steamed Corn Applesauce    Mixed Fruit Milk Choice</p>	<p>26 Cheese Quesadilla Or Taco in a Bag Fixings    Refried Beans Strawberries “Jonny Pop” Fruit Bar Milk Choice</p>
<p>29 Mandarin Orange Chicken Or Popcorn Chicken Chow Mein Noodles Green Beans            Rice Carrots/Dip            Pineapple Fortune Cookie            Milk</p>	<p>30 Warrior Burger Or Macaroni &amp; Cheese French Fries Baked Beans Applesauce            Blueberries Milk Choice</p>	<p>31 Pepperoni Pizza Or Cheese Ravioli and Breadstick Garden Salad Bar Sliced Apples Slushie Fruit Cup Milk Choice</p>	<p><u><b>Build a Healthy Lunch! We provide “Offer vs. Serve”</b></u>                  Students get to pick (at least) 3 components!                  Including (at least) ½ cup <b>Fruit</b>, ½ cup <b>Vegetable</b>, Or ½ cup <b>Combo</b>.  <u>Milk Choices served daily:</u> White Skim, White 1%, &amp; Chocolate Skim                  Not all entrée options available for PK students. Menu subject to change                  This institution is an equal opportunity provider.</p>	

# Clear Lake High School Breakfast Menu~January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p style="font-size: 1.2em; font-weight: bold;">NO SCHOOL HAPPY NEW YEAR!</p>	<p>2 <u>Entrée Options</u>            Cereal            Zee Zee Bar            Cheese Omelet            Cheese Stick            Muffin            Little John Donut</p>	<p>3 <u>Entrée Options</u>            Cereal            Yogurt            Pop Tart            Mini Donuts            Muffin            Sausage Links</p>	<p>4 <u>Entrée Options</u>            Cereal            Cheese Omelet            Oatmeal Bar            Cinnamon Roll            Cereal Bar            Yogurt Parfait</p>	<p>5 <u>Entrée Options</u>            Cereal Cheese Stick            Cereal Bar            Pop Tart            Yogurt            Pancake Sausage Stick            Banana Bread*</p>
<p>8 <u>Entrée Options</u>            Cereal            Yogurt            “Gripz” Graham Crackers            Donut Holes            Cereal Bar            Sausage Links</p>	<p>9 <u>Entrée Options</u>            Cereal            Muffin            Cheese Stick            Pop Tart            Bagel With Jelly            Ham &amp; Cheese Sandwich*</p>	<p>10 <u>Entrée Options</u>            Cereal            “Gripz” Graham Crackers            Yogurt            Pop Tart            Sausage Pizza            Banana Bread*</p>	<p>11 <u>Entrée Options</u>            Cereal            Cheese Omelet            Nutri Grain Bar            Muffin            French Toast Sticks            Oatmeal Bar</p>	<p>12 <u>Entrée Options</u>            Cereal            Oatmeal            Mini Cinni            Muffin            Cream Cheese Bagel            Yogurt</p>
<p>15 <u>Entrée Options</u>            Cereal            Cereal Bar            Sausage Links            Nutri Grain Bar            Chocolate Chip “UBR”            Banana Bread*</p>	<p>16 <u>Entrée Options</u>            Cereal            Yogurt            Oatmeal Bar            Muffin            Little John Donut            Scrambled Eggs</p>	<p>17 <u>Entrée Options</u>            Cereal            Zee Zee Bar Muffin            Cereal Bar            Canadian Bacon, Egg, and            Cheese Sandwich*            “Gripz” Graham Crackers</p>	<p>18 <u>Entrée Options</u>            Cereal            Cheese Omelet            Nutri Grain Bar            Muffin            Pancakes            Yogurt Parfait</p>	<p>19 <u>Entrée Options</u>            Cereal            Yogurt            “Gripz” Graham Crackers            Cinnamon Roll            Pop Tart            Sausage Links</p>
<p>22</p> <p style="font-size: 1.2em; font-weight: bold;">NO SCHOOL</p> 	<p>23 <u>Entrée Options</u>            Cereal            Hard Cooked Egg            Yogurt            Muffin            Pop Tart            Donut Holes</p>	<p>24 <u>Entrée Options</u>            Cereal            Smoothie            Yogurt            Oatmeal            French Toast Sticks            Sausage Links</p>	<p>25 <u>Entrée Options</u>            Cereal            Cereal Bar            Yogurt Muffin            PB &amp; J “Uncrustable”            Sausage Links            Oatmeal Bar</p>	<p>26 <u>Entrée Options</u>            Cereal            Cheese Stick            “Gripz” Graham Crackers            Cinnamon Roll            Cheese Omelet            Nutri Grain Bar</p>
<p>29 <u>Entrée Options</u>            Cereal Banana Bread*            Cheese Stick            Pop Tart Yogurt            Pancake Sausage Stick            Cereal Bar</p>	<p>30 <u>Entrée Options</u>            Cereal Cheese Omelet            Cheese Stick            Zee Zee Bar            Muffin            Little John Donut</p>	<p>31 <u>Entrée Options</u>            Cereal Yogurt            Muffin Nutri Grain Bar            “Gripz” Graham Crackers            Sausage, Egg, &amp; Cheese            Sandwich*</p>	<p style="font-weight: bold; color: blue;">Build a Healthy Breakfast!</p> <p>May select 1 fruit juice, 1 milk, and a ½ cup serving of fruit.            May select 2 Entrée Options (* items count as 2).            Entrée Options in blue may be doubled to count as your 2 items.            Milk Options: White 1%, White Skim, &amp; Chocolate Skim            Juice Options: Apple, Grape, &amp; Orange            Menu Subject to Change</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2 Breaded Chicken Patty Or Fish on a Bun Green Beans Ranch Sweet Potato Fries Or Tator Tots            Juice Mandarin Oranges    Milk</p>	<p>3 Chicken Fajita, Ham &amp; Cheese Wrap, Chicken Caesar Salad Or PB &amp; J “Uncrustable” Carrots/Dip    Seasoned Rice Black Beans Strawberries            Milk Pineapple</p>	<p>4 Turkey &amp; Gravy/Biscuit Or Peanut Butter Sandwich Mashed Potatoes Steamed Carrots Sliced Pears Craisins Milk Choice</p>	<p>5 Stromboli Or Garlic Cheese French Bread Garden Salad Bar Sliced Peaches Sliced Apples Pudding Cup Milk Choice</p>
<p>8 Cheese Pizza Or Club Wrap Steamed Corn Garden Salad Bar Pears        Sliced Apples Milk Choice</p>	<p>9 Hot Dog Or Meatballs on a Bun Tator Tots Baked Beans Applesauce    Orange Wedges Milk Choice</p>	<p>10 Tacos Or Ham &amp; Cheese Sandwich Fixings        Refried Beans Pineapple Clementines Sherbet        Milk Choice</p>	<p>11 Chicken Nuggets Or Chicken Teriyaki Wrap Seasoned Rice    Green Beans Vegetables With Dip Sliced Peaches        Juice Milk Choice</p>	<p>12 Hot Ham &amp; Cheese Sandwich Or Warrior Burger Potato Wedges/Cheese Sauce Steamed Broccoli Mandarin Oranges Strawberries            Milk</p>
<p>15 Garlic Cheese French Bread Or Peanut Butter Sandwich Chicken Noodle Soup Vegetables With Dip Marinara Sauce Applesauce        Crackers Sliced Peaches        Milk</p>	<p>16 Chicken Philly Sub, Turkey &amp; Cheese Sub, Or Barbeque Chicken Sub Fresh &amp; Roasted Vegetables Oriental Slaw        Craisins Mandarin Oranges Chips                Milk Choice</p>	<p>17 Pizza Sticks Or Italian Flatbread Or BBQ Pork Sandwich Steamed Corn Garden Salad Sliced Apples                Cookie Mixed Fruit        Milk Choice</p>	<p>18 Mini Corn Dogs Or Chef Salad Macaroni &amp; Cheese Steamed Broccoli        Milk Carrots With Dip Sliced Pears        Strawberries</p>	<p>19 Sloppy Joe Or Grilled Chicken on a Bun Curly Fries Baked Beans Pineapple        Blueberries Juice                Milk Choice</p>
<p>22</p> <p style="text-align: center; font-size: 1.2em;"><b>NO SCHOOL</b></p> 	<p>23 Barbeque Riblet Or Chicken Patty on a Bun Baby Red Potatoes Green Beans        Fruit Juice Mixed Fruit Strawberries                Milk</p>	<p>24 Penne Pasta With Meat Sauce Or Chicken Alfredo Breadstick        Caesar Salad Steamed Broccoli Apples                Milk Choice Slushie Fruit Cup</p>	<p>25 Chicken Nuggets Or Salisbury Steak Mashed Potatoes/Gravy Dinner Roll                Milk Sweet Potato Soufflé Applesauce        Blueberries</p>	<p>26 Deluxe Nachos Or Quesadilla        Fixings Refried Beans Mandarin Oranges “Jonny Pop” Fruit Bar Sliced Pears                Milk</p>
<p>29 Mandarin Orange Chicken Or Boneless Chicken Wings Chow Mein Noodles    Rice Green Beans        Carrots/Dip Applesauce        Pineapple Fortune Cookie        Milk</p>	<p>30 Warrior Burger Or Pulled Pork Sandwich French Fries Baked Beans Mandarin Oranges Pears                Milk Choice</p>	<p>31 Pepperoni Pizza Or Cheese Ravioli &amp; Breadstick Steamed Corn Garden Salad Bar Apples                Sliced Peaches Milk Choice</p>	<p><b><u>Build a Healthy Lunch! We provide “Offer vs. Serve”</u></b></p> <p>Students get to pick (at least) 3 components! Including (at least) ½ cup <b>Fruit</b>, ½ cup <b>Vegetable</b>, Or ½ cup <b>Combo</b>. <u>Milk Choices served daily:</u> White Skim, White 1%, &amp; Chocolate Skim</p> <p>This institution is an equal opportunity provider. <i>Menu Subject to Change</i></p>	

