




Clear Lake Elementary School Breakfast Menu~January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast Served: 8:00 to 8:15 a.m. each school day</p> <p><u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim</p> <p><u>Juice Choices served daily:</u> Apple, Grape, & Orange</p>	<p>1</p> <p>HAPPY NEW YEAR!</p>	<p>2 Breakfast Cereal Or Oatmeal Cereal Bar Fruit Juice Fruit Milk Choice</p>	<p>3 Breakfast Cereal & Yogurt Or Peanut Butter & Jelly “Uncrustable” Fruit Juice Fruit Milk Choice</p>	<p>4 Breakfast Cereal Or Cinnamon Roll Hard Cooked Egg Fruit Juice Fruit Milk Choice</p>
<p>7 Breakfast Cereal Or French Toast Sticks Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>8 Breakfast Cereal Or Oatmeal Blueberry Or Chocolate Muffin Fruit Juice Fruit Milk Choice</p>	<p>9 Breakfast Cereal & Cheese Stick Or Ham & Cheese Bagel Sandwich Fruit Juice Fruit Milk Choice</p>	<p>10 Breakfast Cereal Or Mini Cinni Smoothie Fruit Juice Fruit Milk Choice</p>	<p>11 Breakfast Cereal Or Donut Holes Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p>14 Breakfast Cereal Or Oatmeal Pop Tart Fruit Juice Fruit Milk Choice</p>	<p>15 Breakfast Cereal & Graham Crackers Or Pancakes With Syrup Fruit Juice Fruit Milk Choice</p>	<p>16 Breakfast Cereal & Yogurt Or Sausage & Cheese Sandwich Fruit Fruit Juice Milk Choice</p>	<p>17 Breakfast Cereal Or Mini Donuts Cheese Omelet Fruit Juice Fruit Milk Choice</p>	<p>18 Breakfast Cereal Or Cinnamon Roll Scrambled Eggs Fruit Juice Fruit Milk Choice</p>
<p>21 NO SCHOOL</p> 	<p>22 Breakfast Cereal Or Sausage Pizza Graham Crackers Fruit Juice Fruit Milk Choice</p>	<p>23 Breakfast Cereal Or Oatmeal Chocolate Chip “UBR” Fruit Juice Fruit Milk Choice</p>	<p>24 Breakfast Cereal Or Little John Donut Yogurt or Yogurt Parfait Fruit Juice Fruit Milk Choice</p>	<p>25 Breakfast Cereal Or French Toast Sticks Cheese Omelet Fruit Juice Fruit Milk Choice</p>
<p>28 Breakfast Cereal Or Oatmeal Cereal Bar Fruit Juice Fruit Milk Choice</p>	<p>29 Breakfast Cereal & Graham Crackers Or Pancake Sausage Stick With Syrup Fruit Juice Fruit Milk Choice</p>	<p>30 Breakfast Cereal Or Donut Holes Sausage Links Fruit Juice Fruit Milk Choice</p>	<p>31 Breakfast Cereal & Yogurt Or Peanut Butter & Jelly “Uncrustable” Fruit Juice Fruit Milk Choice</p>	<p><i>Menu Subject to Change</i></p> <p>This institution is an equal opportunity provider.</p>



Clear Lake Elementary School Lunch Menu~January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u> Students get to pick (at least) 3 components! Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo.</p>	<p>1</p> 	<p>2 "Oodles of Noodles" With Meat Sauce Or Chicken Alfredo Breadstick Garden Salad Bar Sliced Peaches Milk</p>	<p>3 Mini Corn Dogs Or Macaroni & Cheese Potato Wedges Steamed Broccoli Cheese Sauce Sliced Pears Milk</p>	<p>4 Ham & Cheese Sub Or PB & J "Uncrustable" Fresh Vegetables Chips Grapes Mandarin Oranges Milk Choice</p>
<p>7 Turkey & Gravy With Biscuit Or PB & J "Uncrustable" Mashed Potatoes Steamed Corn Cranberries Applesauce Milk Choice</p>	<p>8 Cheese Pizza Or Turkey & Cheese Wrap Garden Salad Bar Mandarin Oranges "Jonny Pop" Fruit Bar Milk Choice</p>	<p>9 Pulled Pork Or Breaded Chicken Patty on a Bun Sidewinders Green Beans Mixed Fruit Fruit Juice Milk Choice</p>	<p>10 Chicken Fajita Wrap Or Yogurt, Cheese Stick, & Muffin Carrots With Dip Black Beans Rice Pineapple Clementine Milk Choice</p>	<p>11 Stromboli Or Calzone Or "Goldfish Bowl" Spaghetti Sauce Vegetables With Dip Grapes Sliced Apples Pudding Cup Milk</p>
<p>14 PB & J "Uncrustable" Or Goldfish & Cheese Stick Vegetables With Dip Yogurt Cup Crackers Chicken Noodle Soup Strawberries Milk Choice</p>	<p>15 "Brunch Lunch" Cheese Omelet Sausage Links Dragon Punch Hash brown Muffin Baked Apples Milk</p>	<p>16 Pizza Casserole and Breadstick Or Peanut Butter Sandwich Garden Salad Bar Sliced Apples Milk Choice</p>	<p>17 Sloppy Joe Or Grilled Chicken on a Bun Tator Tots Baked Beans Mandarin Oranges Milk Choice</p>	<p>18 Mini Corn Dogs Or Chef Salad Macaroni & Cheese Steamed Broccoli Carrots With Dip Applesauce Milk</p>
<p>21 NO SCHOOL</p> 	<p>22 Chicken Nuggets Or Teriyaki Chicken Seasoned Rice Green Beans Vegetables With Dip Sliced Peaches Milk</p>	<p>23 Hot Ham & Cheese Sandwich Or Warrior Burger French Fries Carrots With Dip Applesauce Blueberries Milk Choice</p>	<p>24 Pizza Sticks Or Italian Flatbread Spaghetti Sauce Corn Sliced Pears Garden Salad Bar Cookie Milk</p>	<p>25 Hot Dog on a Bun Or Meatball Sandwich Tator Tots Baked Beans Cranberries Orange Smiles Milk Choice</p>
<p>28 Cheese Quesadilla Or Taco in a Bag Fixings Refried Beans Mandarin Oranges Slushie Fruit Cup Milk Choice</p>	<p>29 Barbeque Riblet Or Chicken Patty on a Bun Potato Smiles Or Au Gratin Potatoes Green Beans Pears Clementine Milk</p>	<p>30 Toasted Cheese Sandwich Or PB & J "Uncrustable" Tomato Soup Crackers Vegetables With Dip Strawberries Frozen Yogurt Milk</p>	<p>31 Pepperoni Pizza Or Cheese Ravioli and Breadstick Garden Salad Bar Sliced Apples Cranberries Milk Choice</p>	<p>Milk Choices served daily: White Skim, White 1%, & Chocolate Skim <i>Menu subject to change</i> This institution is an equal opportunity provider.</p>

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<p><u>Build a Healthy Breakfast!</u> 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.</p>	<p>1</p> <p>HAPPY NEW YEAR!</p>	<p>2 <u>Entrée Options</u> Cereal Oatmeal Bar Sausage Links Nutri Grain Bar Chocolate Chip “UBR” Cereal Bar Cheese Stick</p>	<p>3 <u>Entrée Options</u> Cereal Yogurt Scrambled Eggs Muffin Little John Donut Scooby Bone Crackers</p>	<p>4 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Cinnamon Roll Pop Tart Sausage Links</p>
<p>7 <u>Entrée Options</u> Cereal Yogurt Muffin French Toast Sticks Cereal Bar Sausage Links</p>	<p>8 <u>Entrée Options</u> Cereal Hard Cooked Egg Muffin Donut Holes Pop Tart Smoothie</p>	<p>9 <u>Entrée Options</u> Cereal Yogurt Muffin Scooby Bone Crackers Ham & Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>10 <u>Entrée Options</u> Cereal Cheese Stick “Gripz” Graham Crackers Cinnamon Roll Nutri Grain Bar Cheese Omelet</p>	<p>11 <u>Entrée Options</u> Cereal Sausage Links Cereal Bar Yogurt Muffin PB & J “Un crustable” Oatmeal Bar</p>
<p>14 <u>Entrée Options</u> Cereal Cheese Stick Pop Tart Pancake Sausage Stick Cereal Bar Yogurt</p>	<p>15 <u>Entrée Options</u> Cereal Cheese Omelet Cheese Stick Zee Zee Bar Muffin Little John Donut</p>	<p>16 <u>Entrée Options</u> Cereal Yogurt Muffin Nutri Grain Bar “Gripz” Graham Crackers Sausage, Egg, & Cheese Sandwich*</p>	<p>17 <u>Entrée Options</u> Cereal Yogurt Parfait Pop Tart Mini Donuts Muffin Sausage Links</p>	<p>18 <u>Entrée Options</u> Cereal Cheese Omelet Oatmeal Bar Cinnamon Roll Cereal Bar Yogurt</p>
<p>21</p> <p>NO SCHOOL</p> 	<p>22 <u>Entrée Options</u> Cereal Sausage Pizza “Gripz” Graham Crackers Yogurt Pop Tart Cheese Stick</p>	<p>23 <u>Entrée Options</u> Cereal Mini Cinni Scooby Bone Crackers Muffin Oatmeal Yogurt</p>	<p>24 <u>Entrée Options</u> Cereal Cheese Omelet Muffin French Toast Sticks Oatmeal Bar Nutri Grain Bar</p>	<p>25 <u>Entrée Options</u> Cereal Yogurt “Gripz” Graham Crackers Donut Holes Cereal Bar Sausage Links</p>
<p>28 <u>Entrée Options</u> Cereal Oatmeal Bar Sausage Links Nutri Grain Bar Chocolate Chip “UBR” Cereal Bar Cheese Stick</p>	<p>29 <u>Entrée Options</u> Cereal Yogurt Scrambled Eggs Muffin Little John Donut Scooby Bone Crackers</p>	<p>30 <u>Entrée Options</u> Cereal Zee Zee Bar Muffin Yogurt Canadian Bacon, Egg, and Cheese Sandwich* “Gripz” Graham Crackers</p>	<p>31 <u>Entrée Options</u> Cereal Cheese Omelet Muffin Pancakes Nutri Grain Bar Yogurt Parfait</p>	<p><u>Milk Options:</u> White 1%, White Skim, & Chocolate Skim <u>Juice Options:</u> Apple, Grape, & Orange This institution is an equal opportunity provider.</p>

Clear Lake High School Lunch Menu~January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Build a Healthy Lunch! We provide "Offer vs. Serve"</u></p> <p>Students get to pick (at least) 3 components! Including (at least) ½ cup Fruit, ½ cup Vegetable, Or ½ cup Combo.</p>	<p>1</p> 	<p>2 Penne Pasta With Meat Sauce Or Chicken Alfredo Breadstick Caesar Salad Steamed Broccoli Apples Slushie Fruit Cup Milk</p>	<p>3 "Brunch Lunch"</p> <p>Cheese Omelet Donut Sausage Links Juice Hash browns Salsa Fruit Milk (Grilled Chicken Salad Option)</p>	<p>4 Mandarin Orange Chicken Or Chicken Smackers Chow Mein Noodles Rice Green Beans Carrots/Dip Applesauce Pineapple Fortune Cookie Milk</p>
<p>7 Turkey & Gravy/Biscuit Or Peanut Butter Sandwich Mashed Potatoes Steamed Carrots Sliced Pears Craisins Milk Choice</p>	<p>8 Cheese Pizza Or Ham & Cheese Wrap Steamed Corn Garden Salad Bar Grapes Applesauce Milk Choice</p>	<p>9 Barbeque Chicken, Fish, Or Chicken Patty on a Bun Green Beans Ranch Sweet Potato Fries Or Tator Tots Juice Mandarin Oranges Milk</p>	<p>10 Chicken Fajita, Chicken Strips, Chicken Caesar Salad Or PB & J "Uncrustable" Vegetables/Dip Rice Black Beans Milk Strawberries Pineapple</p>	<p>11 Stromboli Or Bosco Sticks Or Garlic Cheese French Bread Caesar Salad Sliced Peaches Apples Pudding Cup Milk</p>
<p>14 Garlic Cheese French Bread Or Peanut Butter Sandwich Chicken Noodle Soup Vegetables With Dip Marinara Sauce Applesauce Crackers Mixed Fruit Milk</p>	<p>15 Chicken Philly Sub Or Turkey & Cheese Sub Or Or Barbeque Chicken Sub Fresh & Roasted Vegetables Oriental Slaw Craisins Mandarin Oranges Chips Milk Choice</p>	<p>16 Pizza Casserole Or Crispy Chicken Salad Breadstick Apples Steamed Corn Milk Vegetables With Dip Pears Frozen Yogurt</p>	<p>17 Sloppy Joe Or Grilled Chicken on a Bun Curly Fries Baked Beans Pineapple Juice Milk Choice</p>	<p>18 Mini Corn Dogs Or Chef Salad Macaroni & Cheese Steamed Broccoli Milk Carrots With Dip Blueberries Strawberries</p>
<p>21 NO SCHOOL</p> 	<p>22 Chicken Nuggets Or Chicken Teriyaki Wrap Seasoned Rice Green Beans Vegetables With Dip Sliced Peaches Juice Milk Choice</p>	<p>23 Hot Ham & Cheese Sandwich Or Warrior Burger Potato Wedges/Cheese Sauce Steamed Broccoli Mandarin Oranges Strawberries Milk</p>	<p>24 Pizza Sticks Or Italian Flatbread Or BBQ Pork Sandwich Corn Garden Salad Apples Cookie Sliced Pears Milk</p>	<p>25 Hot Dog Or Meatballs on a Bun Tator Tots Baked Beans Applesauce Pineapple Milk Choice</p>
<p>28 Deluxe Nachos Or Quesadilla Refried Beans Fixings Pineapple Tidbits "Jonny Pop" Fruit Bar Juice Milk Choice</p>	<p>29 Barbeque Riblet Or Chicken Patty on a Bun Baby Red Potatoes Green Beans Slice Peaches Craisins Milk Choice</p>	<p>30 Toasted Cheese Sandwich Or PB & J "Uncrustable" Or Oriental Chicken Salad Tomato Soup Crackers Vegetables/Dip Strawberries Mandarin Oranges Milk</p>	<p>31 Pepperoni Pizza Or Cheese Ravioli & Breadstick Steamed Corn Garden Salad Bar Apples Sliced Pears Milk Choice</p>	<p><u>Milk Choices served daily:</u> White Skim, White 1%, & Chocolate Skim This institution is an equal opportunity provider. <i>Menu Subject to Change</i></p>

