

JANUARY 2019

MISSOURI VALLEY ELEMENTARY BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO SCHOOL WINTER BREAK	2 NO SCHOOL WINTER BREAK	3 NO SCHOOL WINTER BREAK	4 NO SCHOOL WINTER BREAK
7 Cereal Teddy Grahams Fruit/Juice Milk	8 French Toast Sticks Cereal Fruit/Juice Milk	9 Blueberry Muffins Cereal Fruit/Juice Milk	10 Sausage Gravy/Biscuits Cereal Fruit/Juice Milk	11 Cereal Goldfish Crackers Fruit/Juice Milk
14 Cereal Graham Crackers Fruit/Juice Milk	15 Egg/Sausage Patty Cereal Fruit/Juice Milk	16 Pancakes/Syrup Cereal Fruit/Juice Milk	17 Breakfast Bites Cereal Fruit/Juice Milk	18 Cereal Teddy Grahams Fruit/Juice Milk
21 NO SCHOOL	22 Scramble Eggs/Sausage Cereal Fruit/Juice Milk	23 Apple Strudel Cereal Fruit/Juice Milk	24 Sausage Gravy/Biscuits Cereal Fruit/Juice Milk	25 Cereal Goldfish Crackers Fruit/Juice Milk
28 Cereal Graham Crackers Fruit/Juice Milk	29 Mini Donuts Cereal Fruit/Juice Milk	30 Breakfast Pizza Cereal Fruit/Juice Milk	31 Omelet/Sausage Patty Cereal Fruit/Juice Milk	

JANUARY 2019

MISSOURI VALLEY ELEMENTARY SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 No School Winter Break	2 No School Winter Break	3 No School Winter Break	4 No School Winter Break
7 Tree Shaped Nuggets 14g Mixed Veg 6g Mixed Fruit 15g Milk 11g Alt: Grilled Cheese 29g	8 Pepperoni Pizza 35g Carrots 8g Banana 30g Milk 11g Alt: Chicken Fried Steak/Bun 47g	9 Sloppy Joe/Bun 30g Baked Beans 24g Peaches 14g Milk 11g Alt: Meatball Sub 36g	10 Pork Patty 17g Mashed Potatoes 25g/Gravy 8g Green Beans 4g Pears 20g Milk 11g Alt: Egg Salad Sandwich 28g	11 Big Red Rib/Bun 50g Lettuce 2g Apples 34g Milk 11g Alt: Fiestada Pizza 38g
14 Soft Taco 16g Lettuce 2g Oranges 19g Milk 11g Alt: Taco Baked Potato 43g	15 Popcorn Chicken 18g Corn 17g Banana 30g Milk 11g Alt: Chicken Fajita Wrap 33g	16 Ravioli's 32g/Cheese Sticks 28g Broccoli 4g Pears 20g Milk 11g Alt: Egg Salad Sandwich 28g	17 Chicken Noodle Soup 11g Celery 1g Mixed Fruit 15g Milk 11g Alt: Tomato Soup 39g	18 Cheese Pizza 46g Peppers 3g Apples 34g Milk 11g Alt: Three Cheese Calzone 33sw
21 No School	22 Cheese Burger/ Bun 33g French Fries 12g Banana 30g Milk 11g Alt: Teriyaki Chicken/Bun 34g	23 Diced Ham/Cheese/ Wrap 28g Lettuce 2g Pears 20g Milk 11g Alt: Chicken Salad Sand. 34g	24 Turkey Gravy 1g Mashed Potatoes 25g Green Beans 4g Grapes 23g Milk 11g Alt: Egg Salad Sand. 28g	25 Mini Corn Dogs 26g Broccoli 4g Oranges 19g Milk 11g Alt: Turkey/Chz/Wrap 28g
28 Chicken Nuggets 14g Baked Beans 24g Peaches 14g Milk 11g Alt: Turkey Burger/Bun 34g	29 BBQ Pork/Bun 28g Tater Tots 12g Banana 30g Milk 11g Alt: Grilled Chx/Bun 47g	30 Hot Dog/Bun/Chili/Cheese 32g Carrots 7g Grapes 23g Milk 11g Alt: Burrito/Cheese Sauce 40g	31 Chicken Fajita Wrap 35g Lettuce 2g 11g Pineapple 19g Milk 11g Alt: Tuna Salad Sandwich 33	

JANUARY 2019

MISSOURI VALLEY MIDDLE/HIGH SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO SCHOOL WINTER BREAK	2 NO SCHOOL WINTER BREAK	3 NO SCHOOL WINTER BREAK	4 NO SCHOOL WINTER BREAK
7 Muffins Or Cereal Bar Cereal Fruit/Juice Milk	8 French Toast Sticks Or Cereal Bar Cereal Fruit/Juice Milk	9 Muffin Or Cereal Bar Cereal Fruit/Juice Milk	10 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk	11 Breakfast Bites Or Cereal Bar Cereal Fruit/Juice Milk
14 Muffins Or Cereal Bar Cereal Fruit/Juice Milk	15 Egg/Sausage Patty Or Cereal Bar Cereal Fruit/Juice Milk	16 Muffin Or Cereal Bar Cereal Fruit/Juice Milk	17 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk	18 Breakfast Pizza Or Cereal Bar Cereal Fruit/Juice Milk
21 NO SCHOOL	22 Scramble Eggs/Sausage Or Cereal Bar Cereal Fruit/Juice Milk	23 Muffins Or Cereal Bar Cereal Fruit/Juice Milk	24 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk	25 Breakfast Burrito Or Cereal Bar Cereal Fruit/Juice Milk
28 Muffins Or Cereal Bar Cereal Fruit/Juice Milk	29 Omelet/Sausage/Biscuit Or Cereal Bar Cereal Fruit/Juice Milk	30 Muffins Or Cereal Bar Cereal Fruit/Juice Milk	31 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk	

JANUARY 2019

MISSOURI VALLEY MIDDLE/HIGH SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 No School Winter Break	2 No School Winter Break	3 No School Winter Break	4 No School Winter Break
7 Tree Shaped Nuggets 14g Mixed Veg6g/Cucumbers2g Mixed Fruit 15g/Apples34g Milk 11g Alt: Grilled Cheese 29g	8 Pepperoni Pizza 35g Carrots 8g/Celery 1g Banana 30g/Pineapple19g Milk 11g Alt:Chicken Fried Steak/Bun47g	9 Sloppy Joe/Bun 30g Baked Beans 24g/Broccoli4g Peaches 14g/Grapes 23g Milk 11g Alt: Meatball Sub 36g	10 Pork Patty 17g Mashed Potatoes25g/Gravy8g Green Beans4g Oranges19g/Pears 20g Milk 11g Alt: Egg Salad Sandwich 28g	11 Big Red Rib/Bun 50g Lettuce 2g/Tomatoes 5g Apples 34g/Oranges 19g Milk 11g Alt: Fiestada Pizza 38g
14 Soft Taco 16g Lettuce 2g/Tomatoes 5g Oranges 19g/Pineapple 19g Milk 11g Alt: Taco Baked Potato 43g	15 Popcorn Chicken 18g Corn 17g/ Cucumbers 2g Banana 30g/Peaches 14g Milk 11g Alt: Chicken Fajita Wrap 33g	16 Ravoli's 32g/Cheese Sticks28g Peas 42g/Broccoli 4g Grapes 23g/Pears 20g Milk 11g Alt: Egg Salad Sandwich 28g	17 Chicken Noodle Soup 11g Carrots 7g/Celery1g Clementine13g Mixed Fruit 15g Milk 11g Alt:Tomato Soup 39g	18 Cheese Pizza 46g Corn 17g/Peppers 3g Apples 34g/Oranges 19g Milk 11g Alt: Three Cheese Calzone33sw
21 No School	22 Cheese Burger/ Bun 33g Tomatoes5g/French Fries 12g Banana30/MandarinOranges13 Milk 11g Alt: Teriyaki Chicken/Bun 34g	23 Diced Ham/Cheese/ Wrap 28g Lettuce 2g/Tomatoes 5g Apples 34g/Pears 20g Milk 11g Alt: Chicken Salad Sand. 34g	24 Turkey Gravy 8g Mashed Potatoes25g Green Beans 4g Peaches 14g/Grapes 23g Milk 11g Alt:Egg Salad Sand. 28g	25 Mini Corn Dogs 26g Broccoli 4g/Celery 1g Apples 34g/Oranges 19g Milk 11g Alt: Turkey/Chz/Wrap 28g
28 Chicken Nuggets 14g Baked Beans 24g/Broccoli 4g Oranges 19g/Pears 20g Milk 11g Alt: Turkey Burger/Bun 34g	29 BBQ Pork/Bun 28g Tater Tots 12g Banana 30g/Mixed Fruit 15g Milk 11g Alt: Grilled Chx/Bun 47g	30 Hot Dog/Bun/Chili/Cheese 32g Peas 42g/Carrots 7g Grapes 23g/Peaches 14g Milk 11g Alt: Burrito/Cheese Sauce 40g	31 Chicken Fajita Wrap 35g Lettuce2g/Onion Pepper Mix 11g Pineapple19/Apples 34g Milk 11g Alt: Tuna Salad Sandwich 33	

This Institution is an Equal Opportunity Provider