

JANUARY 2023

North Spencer Elementary Breakfast Menu

Monday

No
School

2

Tuesday

No
School

3

Wednesday

Sausage, Egg & Cheese
On English Muffin OR
Cereal & Egg
Mixed Fruit
Juice Milk

4

Thursday

Eggstravaganza & Biscuit
OR Cereal & Eggstravaganza
Fresh Fruit
Juice
Milk

5

Friday

Dutch Waffle OR Cereal
Sausage
Peaches
Juice
Milk

6

Muffin OR
Cereal;
Sausage Links
Mixed Fruit
Juice
Milk

9

Fruit Smoothie &
Graham Cracker OR
Cereal & Egg Patty
Fresh Fruit
Juice
Milk

10

Biscuit and Gravy
Or Cereal & Biscuit
Pears
Juice
Milk

11

Cinnamon Roll OR
Cereal;
Egg Patty
Fresh Fruit
Juice
Milk

12

French Toast Sticks OR
Cereal & Toast
Applesauce
Juice
Milk

13

No
School

16

Yogurt Parfait, Granola Bites
OR
Cereal & Sausage Links
Fresh Fruit
Juice
Milk

17

Sausage, Egg & Cheese
On English Muffin OR
Cereal & Egg
Mixed Fruit
Juice Milk

18

Eggstravaganza & Biscuit
OR Cereal & Eggstravaganza
Fresh Fruit
Juice
Milk

19

Dutch Waffle OR Cereal
Sausage
Peaches
Juice
Milk

20

Muffin OR
Cereal;
Sausage Links
Mixed Fruit
Juice
Milk

23

Fruit Smoothie &
Graham Cracker OR
Cereal & Egg Patty
Fresh Fruit
Juice
Milk

24

Biscuit and Gravy
Or Cereal & Biscuit
Pears
Juice
Milk

25

Cinnamon Roll OR
Cereal;
Egg Patty
Fresh Fruit
Juice
Milk

26

French Toast Sticks OR
Cereal & Toast
Applesauce
Juice
Milk

27

Breakfast Pizza OR
Cereal & Toast
Pears
Juice
Milk

30

Yogurt Parfait, Granola Bites
OR
Cereal & Sausage Links
Fresh Fruit
Juice
Milk

31

This institution is an equal opportunity provider.

Due to shortages in supply, menus are subject to change with little to no notice

JANUARY 2023

North Spencer Elementary Lunch Menu

*Additional Fruits and Veggies
will be offered Daily!*

Monday

No
School

2

Tuesday

No
School

3

Wednesday

Salisbury Steak with Roll
Hot Ham and Cheese Sub
Chef Salad
Mashed Potatoes w/gravy
Green Beans
Oranges
Milk

4

Thursday

Chicken Smacker
Manager's Choice
Fried Chicken Salad
Chips
Cucumbers, Broccoli
Peaches
Milk

5

Friday

Pepperoni Calzone
Under the Sea Dippers
BLT Salad
Baked Beans
Cooked Carrots
Apple Slices
Milk

6

Spaghetti with Breadstick
Grilled Chicken Sandwich
Grilled Chicken Salad
Peas
Grapes
Milk

9

Chicken on the Beach
Cheeseburger
Taco Salad
Refried Beans
Romaine Lettuce
Pears
Milk

10

Breaded Pork Chop with Roll
Sub Wrap
Chef Salad
Cheesy Potatoes
Steamed Broccoli
Banana
Milk

11

Dutch waffle with Egg & Sausage
Hot Dog on Bun
Fried Chicken Salad
Hash Brown
Grape Tomatoes
Pineapple
Milk

12

Pizza Crunchers
Grilled Cheese Sandwich
BLT Salad
Stop Light Peppers
Carrots
Oranges
Milk
Cookie

13

No
School

16

Soft Shell Chicken Taco
Ham & Cheese Calzone
Taco Salad
Romaine Lettuce
Black Beans Salsa
Mixed Fruit
Milk

17

Country Fried Steak w/roll
Under the Sea Dippers w/roll
Chef Salad
Mashed Potatoes
Green Beans
Apple Slices
Milk

18

BBQ Pulled Pork Sandwich
Crispy Chicken Sandwich
Fried Chicken Salad
Tater Tots
Baked Beans
Mandarin Oranges
Milk

19

Bosco Sticks
Chicken Smackers
BLT Salad
Cucumbers
Carrots
Grapes
Milk

20

Chili, ½ Grilled Cheese
Hot Dog
Grilled Chicken Salad
Celery, Carrots
Grapes
Milk
Cookie

23

Beef & Cheese Nachos
Stromboli
Taco Salad
Refried Beans
Romaine Lettuce
Salsa
Applesauce
Milk

24

Fried chicken Leg with Biscuit
Grilled Cheese
Chef Salad
Roasted Potatoes
Streamed Broccoli
Banana
Milk

25

Pancakes, Egg, & Sausage
Corn Dog
Fried Chicken Salad
Hash Browns
Grape Tomatoes
Peaches
Milk

26

Chicken Tenders w/bread
Cheesy Garlic French Bread
BLT Salad
Carrots
Cauliflower
Oranges
Milk

27

Chicken Alfredo with Breadstick
Cheeseburger
Grilled Chicken Salad
Green Beans
Apple Slices
Milk

30

Walking Tacos
Chicken Quesadilla
Taco Salad
Refried Beans
Romaine Lettuce
Salsa
Pears
Milk

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