



TREYNOR COMMUNITY SCHOOL

January 2023

Breakfast & Lunch Menu

Breakfast \$1.45 K-5 Lunch \$2.55 6-12 Lunch \$2.70 Extra Milk \$0.50



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 No School	4 No School	5 Fruit or Juice Grab-N-GO	6 Juice or Fruit WG Cereal Long John
Fresh Vegetable Bar Monday—Friday			Cheese Bites Marinara Sauce Green Beans Pears No Salad	Fiestada Corn Pineapple /Oranges No Salad Bar
9 Juice or Fruit WG Cereal Breakfast Bar	10 Juice or Fruit WG Pancake Stick	11 Juice or Fruit Biscuits & Gravy	12 Juice or Fruit Omelet Toast/Breakfast Bar	13 Fruit or Juice WG Cereal Breakfast Bar
Chicken Wrap Savory Rice Steamed Carrots Applesauce Salad Bar 6-12	Nachos Lettuce, Tomato, Cheese Black Bean Salsa Potato Rounds Pineapple Salad Bar 4-12	Chicken Strips Roasted Broccoli Peaches WG Bread 6-12 Salad Bar 4-12	Hamburger /Bun Oven Fries Fresh Fruit Cake Salad Bar 4-12	Chicken Noodle Soup Grilled Cheese Peas Applesauce No Salad Bar
16 No School	17 Fruit or Juice WG Pancakes Sausage	18 Fruit or Juice WG Cereal Breakfast Bar	19 Fruit or Juice Eggs, Sausage, Cheese, Biscuit	20 Juice or Fruit WG Cereal Long John
	Mac & Cheese Corn Dog Mixed Vegetables Applesauce Salad Bar 4-12	Beef Taco Refried Beans Lettuce, Tomato, Cheese Potato Coins Peaches Salad Bar 4-12	Sloppy Joe Broccoli & Cheese Chips Fruit WG Cookie Salad Bar 4-12	Pizza Green Beans Spinach Salad Pears No Salad Bar
23 Juice or Fruit WG Cereal Breakfast Bar	24 Fruit or Juice Breakfast Power Bites	25 Fruit or Juice WG Cereal k-5 Breakfast Bar k-5 Biscuit & Gravy 6-12	26 Fruit or Juice Breakfast Pizza	27 Fruit or Juice WG Cereal Muffin
Popcorn Chicken Mashed Potatoes/Gravy Corn Peaches WG Bread (6-12) Salad Bar 6-12	Taquitos Cheese sauce Potato Wedges Pears Salad Bar 4-12	Chicken Alfredo Roasted Squash Breadstick Fruit Salad Bar 4-12	Mr Ribb /Bun Hash Browns Applesauce Pudding Salad Bar 4-12	Stir Fry Seasoned Rice Vegetables Pineapple/Oranges No Salad Bar
30 Juice or Fruit WG Cereal Breakfast Bar	31 Fruit or Juice French Toast Sausage			
Chicken Fried Steak Mashed Potatoes/Gravy Peas & Carrots Pears Salad Bar 6-12	Pork Fritter/Bun Tater Tots Fresh Broccoli Applesauce Salad Bar 4-12	(We reserve the right to make changes or substitu- tions as necessary.)		