

*Menu subject to change

JANUARY 2018

Douglas County West Community Schools

Breakfast Prices
 PK/Elem: \$1.40
 MS/HS: \$1.40
 Adult/Visitor: \$2.15



Monday

Tuesday

Wednesday

Thursday

Friday

1

NO SCHOOL
WINTER BREAK

2

NO SCHOOL
WINTER BREAK

3

NO SCHOOL
WINTER BREAK

4

WELCOME BACK

Assorted cereal/donut hole
OR
Yogurt cup/rockin'ola granola
Variety of fruit
100% fruit/veg juice

5

Biscuit/gravy/sausage patty
OR
Surprise!!
Variety of fruit
100% fruit/veg juice

8

Cinnamon glazed French toast
OR
Breakfast sausage round
Variety of fruit
100% fruit/veg juice

9

Scrambled eggs/mini cinnamon roll
OR
Assorted cereal/mini cinnamon roll
Variety of fruit
100% fruit/veg juice

10

Breakfast toast
OR
Cinnamon cookie/go-gurt
Variety of fruit
100% fruit/veg juice

11

Omelet/golden hash browns
OR
Wholesome pancakes/syrup
Variety of fruit
100% fruit/veg juice

12

Blueberry muffin/cheese stick
OR
Combo bar/toast
Variety of fruit
100% fruit/veg juice

15

NO SCHOOL

16

Mini donuts
OR
Assorted cereal/cinnamon graham
crackers
Variety of fruit
100% fruit/veg juice

17

Egg and ham breakfast biscuit
OR
Warm bagel/cream cheese
Variety of fruit
100% fruit/veg juice

18

Peachy granola parfait
OR
Cereal bar/cheese stick
Variety of fruit
100% fruit/veg juice

19

Egg and sausage slider/crispy
crowns
OR
Assorted cereal/crispy crowns
Variety of fruit
100% fruit/veg juice

22

Pigs-n-blanket/syrup
OR
Breakfast pretzel/cheese cup
Variety of fruit
100% fruit/veg juice

23

Breakfast mash
OR
Assorted cereal/toast
Variety of fruit
100% fruit/veg juice

24

National Peanut Butter Day

Dutch waffle/fresh fruit
OR
Uncrustables
Variety of fruit
100% fruit/veg juice

25

Hot griddle breakfast sandwich
OR
Pop-tart/cheese stick
Variety of fruit
100% fruit/veg juice

26

Hammy scrambled eggs/toast
OR
Assorted cereal/go-gurt
Variety of fruit
100% fruit/veg juice

29

Warm glazed donut
OR
Warm churro/cottage cheese cup
Variety of fruit
100% fruit/veg juice

30

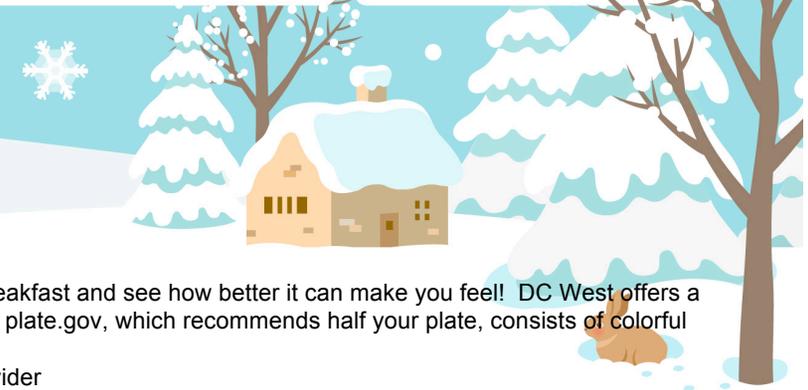
French toast sticks/syrup
OR
Apple cherry granola parfait
Variety of fruit
100% fruit/veg juice

31

Sausage breakfast round
OR
Assorted cereal/PB&J muffin
Variety of fruit
100% fruit/veg juice

Studies show that kids who eat breakfast perform better in school! Start the New Year off right and eat breakfast and see how better it can make you feel! DC West offers a great breakfast selection and has a variety of fruits and vegetables daily to meet the needs of choose my plate.gov, which recommends half your plate, consists of colorful fruits and vegetables.

*This institution is an equal opportunity provider




Monday

1
NO SCHOOL
WINTER BREAK

8
Breaded pork patty on bun
OR
Surprise!!
Fresh baby carrots
Fresh red apple
Fruit/veggie bar

15
NO SCHOOL

22
Fish melt sandwich
OR
Chicken tender sandwich
Curly fries
Red grape clusters
Fruit/veggie bar

29
Real slice pepperoni pizza
OR
Hot dog on bun
Cheesy green beans
Fresh kiwi
Fruit/veggie bar

Tuesday

2
NO SCHOOL
WINTER BREAK

9
Mozzarella meatball sub
OR
Sizzling chicken fajitas
Fresh avocado bean tomato salad
Diced peaches
Fruit/veggie bar

16
Teriyaki chicken/veggie fried rice
OR
Cheesy garlic French bread pizza
Steamed broccoli florets
Cinnamon apple slices
Fruit/veggie bar

23
Turkey and gravy
Breaded pork steak
Bread slice/margarine
Loaded mashed potatoes
Strawberries/angel food cake
Fruit/veggie bar

30
Homemade chili/cinnamon roll
OR
Pulled pork on pretzel roll
Seasoned fries
100% fruit Johnny pop
Fruit/veggie bar

Wednesday

3
NO SCHOOL
WINTER BREAK

10
Chicken nuggets and strips
OR
Mini calzones/sauce
Seasoned green beans
Fresh fruit medley
Smore trail mix
Fruit/veggie bar

17
Stinging honey chicken drumsticks
OR
Sweet and sour meatballs
Twice baked potatoes
Fresh pineapple/blueberries
Chocolate cupcake
Fruit/veggie bar

24
National Peanut Butter Day
Cheese pizza wedge
OR
BBQ chicken flatbread
Celery sticks/peanut butter cup
Fresh honeydew/raspberries
Fruit/veggie bar

31
Cheese bread dunkers/sauce
OR
French toast/sausage
Pea and tomato salad
Strawberries and cream
Fruit/veggie bar

Thursday

4
WELCOME BACK
Breaded beef patty on bun
OR
Teriyaki glazed chicken filet on bun
Fresh sliced cucumbers
Rosy applesauce
Fruit/veggie bar

11
Homemade turkey tetrazzini/warm
bread stick
OR
Cheese ravioli/warm bread stick
Sweet peas
Fresh kiwi
Fruit/veggie bar

18
Creamy turkey wild rice soup/
deli roll slider
OR
BBQ rib patty on hoagie
Buttered corn
Very cherry fruit cocktail
Fruit/veggie bar

25
Lasagna roll-ups
OR
Chicken nuggets
Smile fries
Blueberries
Cinnamon sugar mini donut
Fruit/veggie bar

Friday

5
Crispitos/cheese sauce
OR
Hoagie
Crispy tator tots
Sweet mandarin oranges
Chocolate pudding
Fruit/veggie bar

12
Beef pizza wedge
OR
Turkey club croissant
Fresh spinach/raspberries
Fresh banana
Fresh baked cookie
Fruit/veggie bar

19
Tri-colored beefy nachos
OR
Chicken quesadilla
Loaded refried beans
Frozen peach cup
Fruit/veggie bar

26
Walking taco
OR
Cherry blossom chicken/rice
Corn black bean fiesta
Lemon-lime pears
Fruit/veggie bar

Nutrition tip: Kids growing bodies need protein to be healthy and strong. One easy way to get high quality protein is from milk. Milk's nutritional value helps build lean muscle, maintain bone health and helps you feel fuller longer. *Source milklife.com Many great recipes on this website.

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