




# JANUARY | 2019

## Douglas

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31 SAUGATUCK Lunch Prices</b> Full Price K-5 = \$2.50 Reduced Price = \$.40 Milk Ala Carte = \$.75	<b>1</b>  <div style="border: 1px solid red; padding: 5px; text-align: center; color: red; font-weight: bold;">             Holiday Break           </div>	<b>2</b>	<b>3</b> Breakfast: Egg & Cheese Muffin  A: Ham & Cheese Calzone B: Hot Dog w/ WW Bun Vegetable: Chef's Choice Fruit: Assorted Fresh & Canned	<b>4</b> Breakfast: WG Waffles  A: BBQ Chicken B: Hot Dog w/ WW Bun Vegetable: Chef's Choice Fruit: Assorted Fresh & Canned
<b>7</b> Breakfast: Fruit Frudel  A: Macaroni & Cheese B: Cheese Stuffed Breadsticks w/ Sauce Vegetable: Carrots Fruit: Assorted Fresh and Canned	<b>8</b> Breakfast: Breakfast Pizza  A: Tater Taco (tater tots topped with turkey taco meat & cheese served with Fiesta Rice) B: Cheese Stuffed Breadsticks w/ Sauce Vegetable: Black Bean Salas Fruit: Assorted Fresh and Canned	<b>9</b> Breakfast: Fun Dunkers  A: WG Grilled Cheese Sandwich w/ Tomato Soup B: Cheese Stuffed Breadsticks w/ Sauce Vegetable: Potato Salad Fruit: Assorted Fresh and Canned	<b>10</b> Breakfast: Egg and Cheese Muffin A: Pangerine Chicken Rice Bowl (WG Chicken tossed in sweet tangy orange sauce over vegetable fried rice) B: Cheese Stuffed Breadsticks w/ Sauce Vegetable: Broccoli Fruit: Assorted Fresh and Canned	<b>11</b> Breakfast: WG Waffles  A: Home-style Pizza B: Cheese Stuffed Breadsticks w/ Sauce Vegetable: Green Beans Fruit: Assorted Fresh and Canned
<b>14</b> Breakfast: Fruit Frudel  A: Scrambled Eggs w/ Pancakes B: Chicken Tenders w/ Soft Pretzel Vegetable: Oven Baked Smiles Fries Fruit: Assorted Fresh and Canned	<b>15</b> Breakfast: Breakfast Pizza  A: Totally Taco Bites (mini stuffed taco with beef, cheese & taco sauce) B: Chicken Tenders w/ Soft Pretzel Vegetable: Refried Beans Fruit: Assorted Fresh and Canned	<b>16</b> Breakfast: Fun Dunkers  A: Popcorn Chicken Bowl (WG Breaded chicken served over mashed potatoes w/ gravy) B: Chicken Tenders w/ Soft Pretzel Vegetable: Green Beans Fruit: Assorted Fresh and Canned	<b>17</b> Breakfast: Egg/ Cheese Muffin  A: Teriyaki Beef w/ Egg Roll B: Chicken Tenders w/ Soft Pretzel Vegetable: Broccoli & Carrots Fruit: Assorted Fresh and Canned	<b>18</b> Breakfast: WG Waffles  A: Pizza Calzone B: Chicken Tenders w/ Soft Pretzel Vegetable: Sweet Seasoned French Fries Fruit: Assorted Fresh and Canned
<b>21</b> Breakfast: Fruit Frudel  A: Baked Spaghetti w/ Cheese B: Hamburger w/ Cheese, WW Bun Vegetable: Green Beans Fruit: Assorted Fresh & Canned	<b>22</b> Breakfast: Breakfast Pizza  A: Walking Taco (tortilla chips, taco meat & cheese) B: Hamburger w/ Cheese, WW Bun Vegetable: Fresh Pico de Gallo Fruit: Assorted Fresh and Canned	<b>23</b> Breakfast: Fun Dunkers  A: Baked Chicken Leg w/ Corn Biscuit B: Hamburger w/ Cheese, WW Bun Vegetable: Savory Garlic Mashed Potatoes Fruit: Assorted Fresh and Canned	<b>24</b> Breakfast: Egg & Cheese Muffin  A: Teriyaki Stir Fry Noodle Bowl (tender chicken strips w/ teriyaki sauce & LoMein noodles & veggies) B: Hamburger w/ Cheese, WW Bun Vegetable: Garlic & Chili Roasted Broccoli Fruit: Assorted Fresh and Canned	<b>25</b> Breakfast: WG Waffles  NO LUNCH ½ DAY OF SCHOOL
<b>28</b> Breakfast: Fruit Frudel  A: Yogurt Bar (Yogurt, String Cheese, Cereal) B: WG Breaded Chicken Patty on a WW Bun Vegetable: Sliced Cucumbers Fruit: Assorted Fresh and Canned	<b>29</b> Breakfast: Breakfast Pizza  A: Taco Fiesta Pizza (WG cornmeal pizza dough topped with beef, cheese and taco sauce) B: WG Breaded Chicken Patty on a WW Bun Vegetable: Chili Beans Fruit: Assorted Fresh and Canned	<b>30</b> Breakfast: Fun Dunkers  A: Turkey with Mashed Potatoes, Gravy & Corn Biscuit B: WG Breaded Chicken Patty on a WW Bun Vegetable: Corn Fruit: Assorted Fresh and Canned	<b>31</b> Breakfast: Egg and Cheese Muffin  A: Popcorn Shrimp w/ Sweet & Sour Dipping Sauce & Egg Roll B: WG Breaded Chicken Patty on a WW Bun Vegetable: Sesame Broccoli Fruit: Assorted Fresh and Canned	<b>1</b> Breakfast: WG Waffles  A: Pizza Calzone B: WG Breaded Chicken Patty on a WW Bun Vegetable: Sweet Seasoned French Fries Fruit: Assorted Fresh and Canned

**Breakfast Daily:**

**\$1.90 Full Price**

**\$0 Free & Reduced**

**Includes:** 100% Fruit Juice or Fruit & Choice of Milk

**Choices Daily:**

Grab n Go Breakfast Kits:  
 Poptart, Lucky Charms,  
 Cinnamon Toast, Coco Puffs, Trix

**Lunch Daily:**

**Fun Lunch**

Turkey & Cheese Sandwich on a Hawaiian Bun, Cheese Snack Cubes, Applesauce Cup & Veggies

**Fresh Fruit & Veggie Bar**

Apples & Oranges, Carrot Sticks, Romaine Lettuce, Cucumbers, Tomatoes, Broccoli

**Milk Choice:**

White, Chocolate & Strawberry (Low & Fat Free)