



# RAYMOND-KNOWLES UNION SCHOOL DISTRICT

## January 2019 Breakfast and Lunch Menus



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b><i>New Year's Day</i></b>	<b><i>Winter Break</i></b>	<b><i>Winter Break</i></b>	<b><i>Winter Break</i></b>
7	8	9	10	11
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk  Lunch: Hamburger with WGR Bun, Baked Beans, Baby Carrots, Fruit, Milk	Breakfast: WGR Egg Tornado / Fruit / Juice / Milk  Lunch: WGR Pasta & Meat Sauce, WGR Roll, Baby Carrots, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk  Lunch: Beef & Cheese Tostada, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	Breakfast: WRG Muffin / Fruit / Juice / Milk  Lunch: Cheese-Stuffed Breadsticks w/ Marinara, Romaine Lettuce Salad, Green Beans, Fruit, Milk
14	15	16	17	18
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk  Lunch: Teriyaki Chicken, Brown Rice, Broccoli, Baby Carrots, Fruit, Milk	Breakfast: WGR Egg Tornado / Fruit / Juice / Milk  Lunch: Hamburger with WGR Bun, Baked Beans, Baby Carrots, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk  Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	Breakfast: WRG Mini Cinni / Scrambled Egg / Fruit / Juice / Milk  Lunch: WGR Cheese Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk
21	22	23	24	25
<b><i>Martin Luther King Day</i></b>	Breakfast: WGR Egg Tornado / Fruit / Juice / Milk  Lunch: Mini Corn Dogs, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk  Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	Breakfast: WRG Breakfast Bar / Fruit / Juice / Milk  Lunch: Cheese-Stuffed Breadsticks w/ Marinara, Romaine Lettuce Salad, Green Beans, Fruit, Milk
28	29	30	31	
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk  Lunch: Orange Chicken, Brown Rice, Broccoli, Baby Carrots, Fruit, Milk	Breakfast: Tornado / Fruit / Juice / Milk  Lunch: Hamburger with WGR Bun, Baked Potato Fries, Baby Carrots, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk  Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Fruit, Milk	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk  Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk	

WGR = whole grain rich

"This institution is an equal opportunity provider."

12/19/2018