




# OHKAY OWINGEH COMMUNITY SCHOOL

## BREAKFAST/LUNCH MENU

January 2019

# JANUARY



Monday		Tuesday		Wednesday		Thursday		Friday	
		1 		2 WINTER BREAK		3 WINTER BREAK		4 	
7 NO SCHOOL In Observance of All Kings Day		8 WG Cereal Yogurt Mandarin Oranges Juice Milk		9 Blueberry Muffin Apples Juice Milk		10 Country Potatoes Bacon, Cheese WW Toast Fruit Cocktail Juice Milk		11 Biscuit w/sausage gravy Pineapples Juice Milk	
14 Scrambled Eggs Potato, ham WW Toast Peaches Milk		15 WG Cereal Apples Juice Milk		16 Quesadilla Fruit Cocktail Juice Milk		17 Oatmeal Pears Juice Milk		18 Breakfast Burrito Egg, Chez, Sausage Peaches Juice Milk	
Sloppy Joes Corn Fruit Cocktail Milk		Grilled Cheese Tomato Soup Mandarin Oranges Milk		Steak Fingers Mashed Potatoes w/gravy Green Beans WW Roll Apples Milk		Chicken Strips Celery Sticks w/ranch Applesauce WW Bread Milk		Chili Beans Corn Bread Green Beans Peaches Milk	
21 Martin Luther King NO SCHOOL 		22 Croissant w/sausage, chez Apples Juice Milk		23 Blueberry Waffles Pineapple Juice Milk		24 Malt O' Meal Plums Juice Milk		25 WG Cereal Apricots Juice Milk	
28 English Muffin w/egg, cheese Applesauce w/graham crackers Juice Milk		29 Yogurt Parfait Oatmeal Mixed Berries Juice Milk		30 Biscuits w/ham, chez Fruit Cocktail Juice Milk		31 Egg Frittata WW Toast Oranges Juice Milk		---This institution is an equal opportunity provider. ---Menu is subject to change.	
Beef Tacos, cheese tomato, lettuce Corn Fruit Cocktail Milk		Cheeseburgers w/lettuce, tom. French Fries Celery Sticks Fruit Milk		Chicken & Rice w/carrots, celery WG Crackers Green Beans Peaches Milk		Tuna Sandwich Cucumbers w/ranch Oranges Milk			