

# January 2012 Browns River Middle School

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	
<i>Breakfast Options: Breakfast Sandwiches, Burritos, Homemade Muffins, Granola, Ba- gel s Yogurt &amp; Fruit</i>	<i>2 Pasta w/ Meat Sauce or Marinara, Steamed Broccoli, Garlic Bread, Sliced Peaches &amp; Milk</i>	<i>3 Grilled Cheese Sandwich, Homemade Tomato or Chicken Noodle Soup, Baby Carrots, Fruit &amp; Milk</i>	<i>4 Homemade Gou- lash, Fresh Tossed Salad, Homemade Roll, Fresh Kiwi &amp; Milk</i>	<i>5 Tuna Salad or Egg Salad on WW Bulky roll w/ lettuce, Bag of Chips, Sliced Pears &amp; Milk</i>	<i>6 Homemade Pizza, Cheese or Pepperoni, Fresh Veggies w/ Ranch, Fresh Banana &amp; Milk</i>	<i>Bag Lunches Avail- able: Pre-order, pre- pay– Deli Sandwich, Chips, Fresh Fruit, Yoplait Yogurt &amp; Milk</i>
<i>Breakfast Includes: Entrée, Fruit or Juice and Milk,, Students \$2.00 , adults \$2.25</i>	<i>9 Marinated Chicken Breast Sandwich on WW Bun w/ lettuce/ cheese, Corn, Local Apple &amp; Milk</i>	<i>10 Baked Russet Po- tato Bar– Meats, Cheese, Veggies &amp; Toppings, Fresh Fruit &amp; Milk</i>	<i>11 Homemade Maca- roni &amp; Cheese, Oat- meal Roll, Tossed Salad, Sliced Peaches &amp; Milk</i>	<i>12 Cheeseburger or Veggie Burger on WW Bun, Lettuce, Pickles, Fresh Veggies, Fresh Plum &amp; Milk</i>	<i>13 Bagel Pizza Melts – Cheese or Meat, Tossed Salad, Bag of Pretzels, Fresh Grapes &amp; Milk</i>	<i>Garelick Farms Milk– Chocolate (sweetened w/ pure cane sugar), 1% &amp; Skim.</i>
<i>Snack Bags Available: Bagel, Cream Cheese, Juice Cup &amp; Milk \$2.00</i>	<i>16 No School– Teacher Inservice</i>	<i>17 Bowl of Meat or Bean Chili w/ Home- made Cornbread, Fresh Veggies/Ranch, Pineapple &amp; Milk</i>	<i>18 Baked Chicken, Homemade Rice Pilaf, Broccoli w/ Cheese Sauce, Cinnamon Applesauce &amp; Milk</i>	<i>19 Tostitos Fajita Chicken or Refried Bean Taco Salad Bar, Fresh Veggies , Fruit, &amp; Milk</i>	<i>20 French Bread Pizza– Cheese or Pepperoni, Caesar Salad, Fresh Fruit &amp; Milk</i>	<i>Fresh Local Produce when available from our local farmers!!</i>
<i>Lunch Options: Fresh Salad Bar, Deli WW Sandwiches, WW Wrap Sandwiches &amp; Bagel, Students \$2.75</i>	<i>23 Homemade Rotini Alfredo, Caesar Salad, Garlic Bread, Fresh Fruit &amp; Milk</i>	<i>24 Sloppy Joe on WW Roll, Buttered Corn, Bag of Multi-grain Sunchips, Fresh Fruit &amp; Milk</i>	<i>25 Oriental Chicken Stir Fry, Steamed Green Beans, Baked Rice, Mandarin Or- anges &amp; Milk</i>	<i>26 Meatball or Egg- plant Subs w/ Mari- nara &amp; Cheese, Cae- sar Salad, Anjou Pear &amp; Milk</i>	<i>27 Homemade Pizza Sticks w/ Marinara, Fresh Cukes/Carrots, Fresh Banana &amp; Milk</i>	<i>USDA is an equal opportunity provider and employer.</i>
<i>Milk \$.50, Fresh Fruit \$.50, Assorted Snacks Hershey Ice Cream Served M, W, F!!</i>	<i>30 Brunch Lunch– Homemade French Toast, Hash Brown Patty, Yoplait Yogurt, Fresh Banana &amp; Milk</i>	<i>31 Grinder Bar– Choice of Meats on Bulky Roll, Lettuce, Tomato, Fresh Veg. Fruit, &amp; Milk</i>				<i>Comments/Questions Contact David Horner Central Office david.horner@cesu.k 12.vt.us</i>