



January 2018!



STAPLES-MOTLEY HIGH SCHOOL & ALC

KEY: B- Breakfast L- Lunch

Milk served with all meals

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year!	2 NO SCHOOL Staff Inservice	3 B-Biscuits and Gravy, Cereal, fruit, juice, milk L- Mac and Cheese, green beans, fresh carrots, Dinner Roll, Assorted Fruit, Milk	4 B-Mini Pancakes, cereal, Fruit, Juice, Milk L- Beef Gravy over Mashed potatoes, Bread Slice, Peas, Fruit and Milk	5 B- Cooks Choice L-Quesadillas, baked beans, Mixed green salad, fruit and milk
8 B-Waffles, Cereal, Fruit, Juice, Milk L-Chicken Nuggets, Mashed potatoes, Peas and carrots, fruit and milk	9 B-Stuffed Cream Cheese Bagel, Cereal, Fruit, Juice, Milk L-Sloppy Joes, Baked potato cubes, Baked Beans, Assorted fruit and milk	10 B-The Fred, Cereal, Fruit, Juice, Milk L-Walking Taco with beef and fixings, cucumbers, assorted fruit and milk	11 B-Snack Bread, Cereal, fruit, juice, milk L-Orange Chicken with Rice, Bread, Sweet Carrots, assorted fruit and milk	12 B- Cooks Choice, Fruit, Juice, Milk L- School Made Pizza, Green Beans, Salad, fruit and milk
15- Egg and Cheese Sandwich, Cereal, Fruit, Juice, Milk L-Chicken drumstick , Peas, mashed potatoes, gravy, dinner roll, fruit, juice, milk	16 B- Fresh Cinnamon Rolls, Cereal, Juice, Fruit Milk L-Hamburgers with baked fries, lettuce and tomatoes, corn, popped crisps, assorted fruit and milk	17 B-Biscuits and Gravy, Cereal, fruit, juice, milk L-Chicken Alfredo with noodles, mixed salad greens, carrots, fruit and milk	18 B-Mini Pancakes, cereal, Fruit, Juice, Milk L-Mini Corn Dogs, baked beans, cole slaw, fruit and milk	19 B- Cooks Choice, Fruit, Juice, Milk L- Garlic cheese bread with red sauce, Baked Beans, mixed green salad, assorted fruit and milk
22 NO SCHOOL Staff Inservice	23 B-Stuffed Cream Cheese Bagel, Cereal, Fruit, Juice, Milk L-Chicken Nuggets, mashed potatoes, peas, fruit and milk	24 B-The Fred, Cereal, Fruit, Juice, Milk L- Walking Taco with chicken and fixings, refried beans, fruit and milk	25 B-Snack Bread, Cereal, fruit, juice, milk L-Seasoned Meatballs, mashed potatoes, corn, fruit, bread and milk	26 B- Cooks Choice, Fruit, Juice, Milk L- School Made Pizza, Baked Beans, Mixed lettuce salad, cucumbers, fruit and milk
29 B- Egg and Cheese Sandwich, Cereal, Fruit, Juice, Milk L-Hot dog, baked potato cubes, fresh carrots, assorted fruit and milk	30 B- Fresh Cinnamon Rolls, Cereal, Juice, Fruit Milk L- Baked Potato with chili and fixings, bread slice, corn, fruit and milk	31 B-Biscuits and Gravy, Cereal, fruit, juice, milk L- French Toast Sticks, Sausage, potato cubes, fruit, juice, milk		

Milk Choices offered daily