

BRODHEAD HIGH SCHOOL
GRADES 9-12
CYCLE MENU
January 2018

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. ALL SANDWICHES ARE ON A 2 OZ. WHOLE GRAIN BUN OR BREAD. SOME RECIPIES MAY INCLUDE GROUND TURKEY. SKIM CHOCOLATE OR SKIM WHITE MILK IS PROVIDED DAILY. MENU IS SUBJECT TO CHANGE.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 New Years Day No School	2 Ravioli Apples or peaches Corn or Green Beans Breadstick Choice of milk	3 Chicken patty on a bun Green beans or ranch potatoes Pears and peaches Choice of milk	4 Cheeseburger on a bun Curly fries and corn Apricots and pears Choice of milk	5 Spaghetti Whole grain breadstick Watermelon and apples Yellow beans and Italian side salad Choice of Milk
	8 Chicken Quesadilla Wild rice Broccoli and zucchini Mandarin oranges and pineapple Choice of milk	9 Hearty beef stew Biscuit Broccoli with hummus Pears and kiwi Choice of milk	10 Chicken Lo Mein Pears and peaches Mixed veggies or sugar peas Choice of milk	11 Taco Pizza Black beans and roasted corn Apples and mangos Choice of milk	12 Hot dog wrap Baked beans and peas Macaroni and cheese Mixed fruit and berries Choice of milk
Week 3	15 Cheese Pizza Apples and mixed fruit Peas and beets Yogurt cup Choice of milk	16 Chicken nuggets Mandarin oranges or kiwi Broccoli or cheesy hash browns Choice of Milk	17 Salisbury steak Yellow beans and Mashed potatoes and gravy Dinner roll Pears and peaches Choice of milk	18 Bosco Sticks Curly fries and corn Apricots and pears Pudding cup Choice of milk	19 No School
	22 Bacon burger Grapes or strawberries Cauliflower or Fries Choice of milk	23 Baked chicken Apples & Peaches Corn and mashed potatoes with gravy Choice of milk	24 Grilled Cheese Apples and peaches Tomato Soup or Broccoli Choice of milk	25 Chicken tenders Oranges and pears Brussels sprouts or Roasted Potatoes Choice of milk	26 Tacos Hard or soft shell Mixed Veggies or Black beans Peaches or Mixed Fruit Choice of Milk
Week 5	29 Chicken Quesadilla Wild Rice Broccoli and Zucchini Mandarin Oranges & Pineapple Choice of Milk	30 Macaroni and Cheese Strawberries and fruit cocktail Peas and Beets Breadstick Choice of milk	31 Chicken Teriyaki Bowl Pears and Peaches Jasmine rice Mixed Vegetable or Snap Peas Choice of Milk	1 Pizza Beans or corn Apples or Mangos Choice of Milk	2 Hot Ham and Cheese Sandwich Baked Beans or Carrots Chips Mixed fruit or applesauce Choice of Milk