

# CMA January Lunch Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| 31<br>No School   | 1<br>No School   | 2<br>Walking Taco<br>Chips, Meat,<br>Cheese, Lettuce &<br>Salsa<br>Refried Beans<br>Assorted Fruit | 3<br>Ham & Cheese<br>on Pretzel Roll<br>Soup & Crackers<br>Peas<br>Assorted Fruit               | 4<br>Pierogies<br>WG Roll<br>Green Beans<br>Assorted Fruit  |
| 7<br>Grilled Cheese<br>Tomato Soup<br>Peas<br>Assorted Fruit                                    | 8<br>Macaroni &<br>Cheese<br>Broccoli<br>Assorted Fruit                            | 9<br>Cheeseburger<br>WG bun<br>French Fries<br>Green Beans<br>Assorted Fruit                       | 10<br>Corn Dog<br>French Fries<br>Baked Beans<br>Assorted Fruit                                 | 11<br>Crazy Dipper<br>Chicken Sticks, Cheese<br>Sticks, Bread Stick &<br>Sauce<br>Spud Bites<br>Carrots<br>Assorted Fruit |
| 14<br>Chicken Bowl<br>Chicken, Whipped<br>Potatoes & Gravy<br>Corn<br>WG Roll<br>Assorted Fruit | 15<br>Pasta &<br>Meatball<br>Side Salad<br>Bread Stick<br>Assorted Fruit           | 16<br>Pancakes<br>Sausage<br>Hash Brown<br>Broccoli<br>Assorted Fruit                              | 17<br>CMA Hoagie<br>Ham, Turkey, Cheese,<br>Lettuce<br>Baked Chips<br>Carrots<br>Assorted Fruit | 18<br>Nachos Grande<br>Chips, Meat,<br>Cheese, Lettuce &<br>Salsa<br>Refried Beans<br>Assorted Fruit                      |
| 21<br>No School   | 22<br>Chicken Fajitas<br>w/ peppers &<br>onions<br>Mixed Veggies<br>Assorted Fruit | 23<br>Pizza Sticks<br>Dipping<br>Sauce<br>Cookie<br>Salad<br>Assorted Fruit                        | 24<br>Chicken Tenders<br>WG bun<br>Tater Tots<br>Broccoli<br>Assorted Fruit                     | 25<br>Ham & Cheese<br>on Pretzel Roll<br>Soup & Crackers<br>Green Beans<br>Assorted Fruit                                 |
| 28<br>Grilled Cheese<br>Tomato Soup<br>Crackers<br>Mixed Veggies<br>Assorted Fruit              | 29<br>Chicken Patty<br>Sandwich<br>French Fries<br>Green Beans<br>Assorted Fruit   | 30<br>Pancakes<br>Sausage<br>Hash Brown<br>Broccoli<br>Assorted Fruit                              | 31<br>CMA Pizza<br>Side Salad<br>Cookie<br>Assorted Fruit                                       | 1<br>Chicken Alfredo<br>Breadstick<br>Broccoli<br>Assorted Fruit  |

Available Daily  
Choice of Milk,  
1% & Fat-Free Flavored  
Vegetable,  
Fresh Baby Carrots & Broccoli Cup

Choice of:  
Chicken Nuggets  
Hotdog  
Chicken Salad  
Grilled Cheese  
Peanut Butter & Jelly

Lunch Cost: Full Pay \$2.50  
Reduced \$.40  
Extra Entrée \$1.25  
Extra Side \$.60  
Ice Cream \$.80

# January 2019 Breakfast Menu

| Monday                               | Tuesday                               | Wednesday                            | Thursday                                 | Friday                               |
|--------------------------------------|---------------------------------------|--------------------------------------|--|--------------------------------------|
| Dec. 31                              | 1                                     | 2                                    | 3  | 4                                    |
| No School                            | No School                             | Choice of Cereal<br>Goldfish Grahams | Choice of Yogurt<br>Choice of Cereal Bar | Choice of Cereal<br>Goldfish Grahams |
| 7                                    | 8                                     | 9                                    | 10                                       | 11                                   |
| Choice of Cereal<br>Goldfish Grahams | Choice of Yogurt<br>Choice of Muffin  | Choice of Cereal<br>Goldfish Grahams | Choice of Yogurt<br>Choice of Poptart    | Choice of Cereal<br>Goldfish Grahams |
| 14                                   | 15                                    | 16                                   | 17                                       | 18                                   |
| Choice of Cereal<br>Goldfish Grahams | Choice of Yogurt<br>Choice of Poptart | Choice of Yogurt<br>Choice of Muffin | Choice of Cereal<br>Goldfish Grahams     | Choice of Cereal<br>Goldfish Grahams |
| 21                                   | 22                                    | 23                                   | 24                                       | 25                                   |
| No School                            | Choice of Cereal<br>Goldfish Grahams  | Choice of Yogurt<br>Choice of Muffin | Choice of Cereal<br>Goldfish Grahams     | Choice of Cereal<br>Goldfish Grahams |
| 28                                   | 29                                    | 30                                   | 31                                       | Feb. 1                               |
| Choice of Cereal<br>Goldfish Grahams | Choice of Yogurt<br>Choice of Muffin  | Choice of Cereal<br>Goldfish Grahams | Choice of Yogurt<br>Choice of Cereal Bar | Choice of Cereal<br>Goldfish Grahams |

In accordance with the National School Breakfast Program 1 cup of fruit will be offered daily, students **must** select

Choice of Milk 1% and Fat-Free Flavored available daily.  
a minimum of 1/2 of a cup of fruit or fruit juice.

Fruit options may include; Apples, Bananas, Oranges, Raisins (flavored and regular) Fruit Salad and 100% Fruit Juice in Apple, Grape and Orange.

Students must take 3 of the offered items including 1 fruit or juice but may take 4 items!

Cost Full Pay \$.75 Reduced \$.30

This institution is an equal opportunity provider. Menus are subject to change.