



Student Nutrition

BPS & EMS MENU

January 2023

Offered every day: Low-fat white milk, fat-free chocolate milk & 100% fruit juice

Every day Breakfast Choices:

Menued Item or Poptarts

Every day lunch choices:

Menued Item or Sunbutter Sandwich

Salad Bar is Back!
Fill your tray with a seasonal rainbow of dark green, red and orange, beans and peas, starchy, and other vegetables as well as an array of fresh and canned fruits offered daily!

Free meals for all!
One breakfast and one lunch per student per school day

Meal Prices For **Second** Meal
Breakfast: TK-12th grade - \$1.75 (Adults: \$3.75)
Lunch: TK-12th Grade - \$2.85 (Adults: \$4.75)

NOTE: Due to food supply shortages, the menu is subject to change without notice. This institution is an equal opportunity provider.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
<i>Winter Break</i>									
9		10		11		12		13	
<i>Muffin</i>		<i>Cereal</i>		<i>Buttermilk Bar</i>		<i>Breakfast Burrito</i>		<i>Eggoji waffle and Hashbrown</i>	
Chicken Nuggets, cracker		Cheeseburger and Fries		Taco Nada		Bean and Cheese burrito with spanish rice		Tony's Pizza Square and Cookie	
16	No School	17		18		19		20	
<i>Dr. Martin Luther King Day</i>		<i>Cooks Choice</i>		<i>Biscuit and Sausage with hashbrown</i>		<i>Eggstravaganza and biscuit</i>		<i>French Toast and a cheesestick</i>	
		Cooks Choice		Chicken Taco with soft tortilla with rice		Pulled Pork Sandwich with Chips		Red Hawk Bowl (mashed potato, popcorn chicken, gravy) roll	
23		24		25		26		27	
<i>Pancake Sausage Stick</i>		<i>Donuts</i>		<i>Cheese Omelet and honey wheat biscuit</i>		<i>Breakfast Pizza</i>		<i>Mini Strawberry Bagel with hashbrown</i>	
Chicken Nuggets, cracker		Homemade chicken noodle soup & grilled cheese sandwich		Mandarin Orange Chicken & Vegetable Rice		Pork Soft Tacos		Chicken Alfredo	
30		31							
<i>Cereal</i>		<i>Bagel with cream cheese</i>							
Chicken Sandwich		Chicken Drum Sticks and mixed Veggies							