

CWL ELEMENTARY - LUVERNE BUILDING  
BREAKFAST AND LUNCH MENU

THURSDAY, JANUARY 3

BREAKFAST: PANCAKES, SAUSAGE LINK, APPLESAUCE OR BLUEBERRIES, JUICE, MILK  
LUNCH: CHICKEN TETRAZZINI, TOSSED ROMAINE SALAD, STEAMED CARROTS, WHOLE GRAIN BREADSTICK, ORANGES, MILK

FRIDAY, JANUARY 4

BREAKFAST: CINNAMON ROLL, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK  
LUNCH: MR. RIB ON A WHOLE GRAIN BUN, DARK GREEN LEAF LETTUCE AND TOMATO, TRI TATOR, STRAWBERRIES, MILK

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MONDAY, JANUARY 7

BREAKFAST: BREAKFAST PIZZA, PEACHES, JUICE, MILK  
LUNCH: WEINER WINKS, POTATO WEDGES, BROCCOLI WITH CHEESE, MANDARIN ORANGES, JELLO, MILK

TUESDAY, JANUARY 8

BREAKFAST: CEREAL/OATMEAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK  
LUNCH: CHICKEN WRAP, ROMAINE AND TOMATO, STEAMED CARROTS, MIXED BERRY CUP, MILK

WEDNESDAY, JANUARY 9

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINK, APPLESAUCE, JUICE, MILK  
LUNCH: SPAGHETTI WITH MEAT SAUCE, GARDEN SALAD, BREADSTICK, GRAPES, MILK

THURSDAY, JANUARY 10

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, ORANGE WEDGES, JUICE, MILK  
LUNCH: WALKING TACO, REFRIED BEANS, CHOCOLATE CHIP COOKIE, PINEAPPLE TIDBITS, MILK

FRIDAY, JANUARY 11

BREAKFAST: YOGURT PARFAIT, STRAWBERRIES AND BLUEBERRIES, CHEESE STICK, JUICE, MILK  
LUNCH: CHICKEN AND NOODLES, MASHED POTATOES, GREEN BEANS, ORANGE WEDGES, MILK

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MONDAY, JANUARY 14

BREAKFAST: WAFFLES, SAUSAGE LINK, BLUEBERRIES, JUICE, MILK  
LUNCH: HAMBURGER ON A BUN, DARK GREEN LEAF LETTUCE AND TOMATO, SWEET POTATO FRIES, FRUIT COCKTAIL, MILK

TUESDAY, JANUARY 15

BREAKFAST: EGG OMELET, MUFFIN, GRAPES, JUICE, MILK  
LUNCH: CHICKEN NUGGETS, MASHED POTATOES AND GRAVY, FRESH BROCCOLI, STRAWBERRIES AND BANANAS, MILK

WEDNESDAY, JANUARY 16

NO SCHOOL

THURSDAY, JANUARY 17

BREAKFAST: CEREAL/OATMEAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK  
LUNCH: CHILI, WHOLE GRAIN CRACKERS, CELERY AND CUCUMBERS, CINNAMON TWIST, ORANGE SMILES, MILK

FRIDAY, JANUARY 18

BREAKFAST: LONG JOHNS, YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: MACARONI AND CHEESE, MEATBALLS, SEASONED PEAS, BABY CARROTS, APPLE WEDGES, MILK

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MONDAY, JANUARY 21

BREAKFAST: EGG/SAUSAGE PATTIE, WHEAT TOAST WITH JELLY, PEARS, JUICE, MILK

LUNCH: HAM AND CHEESE ON A BUN, POTATO WEDGES, FRESH BROCCOLI, GRAPES, MILK

TUESDAY, JANUARY 22

BREAKFAST: PANCAKES, SAUSAGE LINK, BLUEBERRIES OR APPLESAUCE, JUICE, MILK

LUNCH: PIZZA, TOSSED ROMAINE SALAD, BREADSTICK WITH MARINARA SAUCE, BANANA, MILK

WEDNESDAY, JANUARY 23

BREAKFAST: CEREAL/OATMEAL, GO-GURT, BANANA, JUICE, MILK

LUNCH: TACOS, LETTUCE AND TOMATO, REFRIED BEANS, WHEAT BREAD, SLICED PEARS, MILK

THURSDAY, JANUARY 24

BREAKFAST: BREAKFAST SANDWICH, PEACHES, JUICE, MILK

LUNCH: ITALIAN PASTA BAKE, GREEN PEPPER STRIPS AND BABY CARROTS, APPLESAUCE, ROYAL BROWNIE, MILK

FRIDAY, JANUARY 25

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK

LUNCH: CHICKEN PATTIE, MASHED POTATOES WITH GRAVY, GREEN BEANS, ORANGE WEDGES, MILK

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MONDAY, JANUARY 28

BREAKFAST: BREAKFAST PIZZA, MANDARIN ORANGES, JUICE, MILK

LUNCH: CRISPITOS, ROMAINE LETTUCE AND TOMATO, CORN, APPLE WEDGES, MILK

TUESDAY, JANUARY 29

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, MIXED FRUIT, JUICE, MILK

LUNCH: STROMBOLI, GARDEN SALAD, CARROTS, STRAWBERRIES, MILK

WEDNESDAY, JANUARY 30

BREAKFAST: PANCAKE ON A STICK, APPLESAUCE, JUICE, MILK

LUNCH: BBQ SHREDDED BEEF ON A BUN, SWEET POTATO PUFFS, BAKED BEANS, ORANGE SMILES, MILK

THURSDAY, JANUARY 31

BREAKFAST: CEREAL/OATMEAL, POPTART, BANANA, JUICE, MILK

LUNCH: TURKEY AND CHEESE SUB, DARK GREEN LEAF LETTUCE AND TOMATO, OVEN FRIES, PEACHES, MILK