

CWL ELEMENTARY - LUVERNE BUILDING
BREAKFAST AND LUNCH MENU

WEDNESDAY, JANUARY 3

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, APPLESAUCE CUP, JUICE, MILK
LUNCH: CHICKEN AND NOODLES, MASHED POTATOES, GREEN BEANS, PEANUT BUTTER SANDWICH,
ORANGE WEDGES, MILK

THURSDAY, JANUARY 4

BREAKFAST: CEREAL OR OATMEAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: TACOS, WHOLE GRAIN CORNCHIPS WITH SALSA, REFRIED BEANS, CINNAMON TWIST,
PINEAPPLE, MILK

FRIDAY, JANUARY 5

BREAKFAST: CINNAMON BUNS, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: WEINER WINKS, POTATO WEDGES, BROCCOLI WITH CHEESE, MANDARIN ORANGES, JELLO,
MILK

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MONDAY, JANUARY 8

BREAKFAST: EGG SAUSAGE CHEESE PATTIE, WHEAT TOAST WITH JELLY, PEACHES, JUICE, MILK  
LUNCH: HAMBURGER ON A BUN, DARK GREEN LEAF LETTUCE AND TOMATO, SWEET POTATO FRIES,  
FRUIT COCKTAIL, MILK

TUESDAY, JANUARY 9

BREAKFAST: CEREAL/OATMEAL, POPTART, BANANA, JUICE, MILK  
LUNCH: POPCORN CHICKEN, MASHED POTATOES WITH GRAVY, FRESH BROCCOLI, WHEAT BREAD,  
STRAWBERRIES AND BANANAS, MILK

WEDNESDAY, JANUARY 10

BREAKFAST: PANCAKES, BLUEBERRIES, SAUSAGE LINK, JUICE, MILK  
LUNCH: CHILI WITH CRACKERS, CELERY WITH CUCUMBERS, CINNAMON ROLL, ORANGES, MILK

THURSDAY, JANUARY 11

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, MANDARIN ORANGES, JUICE, MILK  
LUNCH: SCALLOPED POTATOES WITH HAM, SWEET POTATOES, GREEN BEANS, ANGEL BISCUIT, KIWI,  
MILK

FRIDAY, JANUARY 12

BREAKFAST: ASSORTED ROLLS, ASSORTED FRUIT, CHEESE STICK, JUICE, MILK  
LUNCH: MACARONI AND CHEESE, MEATBALLS, PEAS, BABY CARROTS, APPLE WEDGES, MILK

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MONDAY, JANUARY 15

NO SCHOOL

TUESDAY, JANUARY 16

BREAKFAST: CEREAL OR OATMEAL, WHEAT TOAST WITH JELLY, PEACHES, JUICE, MILK
LUNCH: PIZZA, TOSSED ROMAINE SALAD, GARLIC CHEESE STICK, BANANA, MILK

WEDNESDAY, JANUARY 17

BREAKFAST: EGG OMELET, MUFFIN, MANDARIN ORANGES, JUICE, MILK
LUNCH: WALKING TACO, DARK GREEN LEAF LETTUCE AND TOMATO, REFRIED BEANS, PEARS, MILK

THURSDAY, JANUARY 18

BREAKFAST: BREAKFAST SANDWICH, APPLE WEDGES, JUICE, MILK

LUNCH: SPAGHETTI WITH MEAT SAUCE, TOSSED ROMAINE SALAD, BREADSTICKS, GRAPES, MILK

FRIDAY, JANUARY 19

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

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

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MONDAY, JANUARY 22

BREAKFAST: BREAKFAST PIZZA, MIXED FRUIT, JUICE, MILK

LUNCH: STROMBOLI, GARDEN SALAD, CARROTS, SALSA WITH WHOLE GRAIN CORN CHIPS, APPLE WEDGES, MILK

TUESDAY, JANUARY 23

BREAKFAST: CEREAL OR OATMEAL, BAGEL WITH JELLY, BANANA, JUICE, MILK

LUNCH: CRISPITOS, ROMAINE AND TOMATO, CORN, SALSA WITH WHOLE GRAIN CORN CHIPS, STRAWBERRIES, MILK

WEDNESDAY, JANUARY 24

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

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

THURSDAY, JANUARY 25

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, GRAPES, JUICE, MILK

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

FRIDAY, JANUARY 26

BREAKFAST: DONUTS, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: PORK TENDERLOIN ON A WHOLE GRAIN BUN, MASHED POTATOES WITH GRAVY, STEAMED BROCCOLI, BANANA, MILK

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MONDAY, JANUARY 29

BREAKFAST: SAUSAGE GRAVY OVER BISCUITS, MANDARIN ORANGES, JUICE, MILK

LUNCH: TACO SOUP WITH WHOLE GRAIN CORN CHIPS, FRESH BROCCOLI, SLICED PEARS, COOKIE. MILK

TUESDAY, JANUARY 30

BREAKFAST: CEREAL, OR OATMEAL, MUFFIN, BANANA, JUICE, MILK

LUNCH: HOT DOG ON A BUN, GARDEN SALAD, TATOR TOTS, APPLE WEDGES, MILK

WEDNESDAY, JANUARY 31

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINK, PEACHES, JUICE, MILK

LUNCH: BEEF AND NOODLES, MASHED POTATOES, BABY CARROTS, PINEAPPLE TIDBITS, MILK