

**CWL ELEMENTARY - LUVERNE BUILDING
JANUARY BREAKFAST AND LUNCH**

TUESDAY, JANUARY 4

BREAKFAST: BREAKFAST PIZZA, MANDARIN ORANGES, JUICE, MILK
LUNCH: CHICKEN WRAP, ROMAINE AND TOMATO, STEAMED CARROTS, PEARS, MILK

WEDNESDAY, JANUARY 5

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK
LUNCH: SPAGHETTI WITH MEAT SAUCE, GARDEN SALAD, WHOLE GRAIN BREADSTICK, APPLESAUCE CUP, MILK

THURSDAY, JANUARY 6

BREAKFAST: PANCAKES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: TACOS, LETTUCE/TOMATO/CHEESE CUP, REFRIED BEANS, COOKIE, PINEAPPLE, MILK

FRIDAY, JANUARY 7

BREAKFAST: LONG JOHNS, TRIx YOGURT, ASSORTED FRUIT, JUICE, MILK
LUNCH: CHICKEN AND NOODLES, MASHED POTATOES, GREEN BEANS, PEANUT BUTTER SANDWICH, ORANGE WEDGES, MILK

~~~~~

MONDAY, JANUARY 10

BREAKFAST: EGG/SAUSAGE BAR, WHEAT TOAST WITH JELLY, ORANGE WEDGES, JUICE, MILK  
LUNCH: HAMBURGER ON A BUN, LETTUCE AND TOMATO, SWEET POTATO FRIES, FRUIT COCKTAIL, ICE CREAM CUP, MILK

TUESDAY, JANUARY 11

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK  
LUNCH: POPCORN CHICKEN, WHEAT BREAD, MASHED POTATOES, FRESH BROCCOLI, STRAWBERRIES AND BANANAS, MILK

WEDNESDAY, JANUARY 12

NO SCHOOL

THURSDAY, JANUARY 13

BREAKFAST: CEREAL, BAGEL WITH JELLY, BANANA, JUICE, MILK  
LUNCH: CHILI AND CRACKERS, CELERY AND CUCUMBERS, WHOLE GRAIN CINNAMON ROLL, ORANGE SMILES, MILK

FRIDAY, JANUARY 14

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK  
LUNCH: MACARONI AND CHEESE, FISH STICKS, PEAS, BABY CARROTS, APPLE WEDGES, MILK

~~~~~

MONDAY, JANUARY 17

BREAKFAST: CEREAL, POPTART, BANANA, JUICE, MILK
LUNCH: HAM AND CHEESE SANDWICH, POTATO WEDGES, BROCCOLI, GRAPES, MILK

TUESDAY, JANUARY 18

BREAKFAST: WAFFLES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK
LUNCH: CHEESE PIZZA, TOSSED ROMAINE SALAD, CORN, MIXED FRUIT, MILK

WEDNESDAY, JANUARY 19

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, MANDARIN ORANGES, JUICE, MILK
LUNCH: TACOS, LETTUCE/TOMATO/CHEESE CUP, REFRIED BEANS, WHEAT BREAD, PEARS, MILK

THURSDAY, JANUARY 20

BREAKFAST: CEREAL, MUFFIN, PEACHES, JUICE, MILK
LUNCH: ITALIAN PASTA, GREEN PEPPER STRIPS AND BABY CARROTS, CHEESE STICK, APPLESAUCE, MILK

FRIDAY, JANUARY 21

BREAKFAST: YOGURT PARFAITS, GRANOLA, STRAWBERRIES AND BLUEBERRIES, JUICE, MILK
LUNCH: CHICKEN PATTY ON A BUN, FRENCH FRIES, GREEN BEANS, ORANGE WEDGES, MILK

~~~~~

MONDAY, JANUARY 24

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

LUNCH: NACHOS AND CHEESE, TOSSED ROMAINE SALAD, CORN, PEANUT BUTTER SANDWICH, APPLE WEDGES, MILK

TUESDAY, JANUARY 25

BREAKFAST: CEREAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK

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

WEDNESDAY, JANUARY 26

BREAKFAST: EGG OMELET, MUFFIN, MIXED FRUIT, JUICE, MILK

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

THURSDAY, JANUARY 27

BREAKFAST: BREAKFAST SANDWICH, PINEAPPLE, JUICE, MILK

LUNCH: TURKEY AND CHEESE SANDWICH, DARK GREEN LEAF LETTUCE AND TOMATO, TRI-TATER, PEACHES, MILK

FRIDAY, JANUARY 28

BREAKFAST: CINNAMON ROLL, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: PORK TENDERLOIN, MASHED POTATOES, STEAMED BROCCOLI, BANANA, MILK

~~~~~

MONDAY, JANUARY 31

BREAKFAST: BREAKFAST PIZZA, APPLE WEDGES, JUICE, MILK

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

It is the policy of the Lu Verne Community School District not to illegally discriminate on the basis of age (for employment), race, creed, national origin, color, marital status (for programs), sexual orientation, religion, gender/sex, socio-economic status (for programs), gender identity or physical/mental disability in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Karen Sandberg, Director of Teaching and Learning, 405 Hanna Ave, Lu Verne, IA 50560, 515-882-3357, ksandberg@luverne.k12.ia.us. This institution is an equal opportunity provider.