



# JANUARY | 2019

## ORLEANS HIGH SCHOOL BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	<b>HAPPY NEW YEAR!</b>			
7 Pancakes & Syrup Or Cereal & Toast	1 Egg Patty & Toast Or Cereal & Toast	2 Biscuit & Gravy Or Cereal & Toast	3 Cinnamon Round Or Cereal & Toast	4 Breakfast on a Stick & Syrup Or Cereal & Toast
14 Mini French Toast & Syrup Or Cereal & Toast	8 Scrambled Eggs & Toast Or Cereal & Toast	9 Biscuit & Gravy Or Cereal & Toast	10 Muffin & Yogurt Or Cereal & Toast	11 Breakfast Pizza Or Cereal & Toast
21 <b>NO SCHOOL (MAKE UP DAY)</b>	15 Scrambled Eggs & Toast Or Cereal & Toast	16 Biscuit & Gravy Or Cereal & Toast	17 Mini Strawberry Cream Cheese Bagel Or Cereal & Toast	18 Breakfast Bosco Or Cereal & Toast
28 Mini Waffles & Syrup Or Cereal & Toast	22 Egg & Cheese Croissant Or Cereal & Toast	23 Biscuit & Gravy Or Cereal & Toast	24 Sausage Biscuit Or Cereal & Toast	25 Apple Cinnamon Texas Toast Or Cereal & Toast
	29 Sausage Egg & Cheese Breakfast Sliders Or Cereal & Toast	30 Biscuit & Gravy Or Cereal & Toast	31 Cinnamon Roll Or Cereal & Toast	1 Apple or Cherry Frudel Or Cereal & Toast

### News

**Breakfast is the most important meal of the day. Fuel up before you go to class!**

**All breakfast meals are served with your choice of juice, or fresh fruit.**

**A variety of skim and low fat milk is offered with every meal.**

**Breakfast Price  
\$1.35**

**Reduced Price  
\$.30**

**Optional Breakfast Entrées Offered Daily**

**Pop-Tarts or Mini Donuts**



# JANUARY | 2019

## ORLEANS HIGH SCHOOL LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31</p> <p><b>HAPPY NEW YEAR!</b></p>	<p>1</p> <p><b>HAPPY NEW YEAR!</b></p>	<p>2</p> <p><b>HAPPY NEW YEAR!</b></p>	<p>3</p> <p><u>Entrée Choices</u> Chicken Tenders/Breadstick Grilled Cheese <u>Side Choices</u> Deli Roasters Broccoli</p> <p><b>NO SALAD OR POTAO BAR</b></p>	<p>4</p> <p><u>Entrée Choices</u> Pizza Assorted Sandwiches <u>Vegetable Choices</u> French Fries Corn</p> <p><b>NO SALAD OR POTAO BAR</b></p>
<p>7</p> <p><u>Entrée Choices</u> Spaghetti/Meatsauce Garlic Toast Hot Ham &amp; Cheese <u>Vegetable Choices</u> Italian Vegetables Brussel Sprouts</p>	<p>8</p> <p><u>Entrée Choices</u> Walking Taco Grilled Chicken/Bun <u>Vegetable Choices</u> Lettuce Tomato &amp; Salsa Mexicali Corn</p>	<p>9</p> <p><u>Entrée Choices</u> Chicken Nuggets Yeast Rolls Hot Dog/ Bun <u>Vegetable Choices</u> Mashed Potatoes Peas</p>	<p>10</p> <p><u>Entrée Choices</u> Steak Bites w/ A-1 &amp; Biscuit Hamburger/Bun <u>Side Choices</u> Quick Baked Potato Broccoli</p>	<p>11</p> <p><u>Entrée Choices</u> Hot &amp; Spicy Chicken/Bun Breaded Pork/Bun <u>Vegetable Choices</u> French Fries Pinto Beans Carrot Stick/Dip</p>
<p>14</p> <p><u>Entrée Choices</u> Fettucine Alfredo w/Chicken &amp; Breadstick Breaded Chicken/Bun <u>Vegetable Choices</u> California Blend Pinto Beans</p>	<p>15</p> <p><u>Entrée Choices</u> Smoked Sausage/Bun Grilled Cheese <u>Side Choices</u> Tomato Soup Potato Wedges</p>	<p>16</p> <p><u>Entrée Choices</u> Turkey Manhattan Breaded Beef/Bun <u>Vegetable Choices</u> Mashed Potatoes Green Beans</p>	<p>17</p> <p><u>Entrée Choices</u> Chili Soup &amp; Crackers Peanut Butter Sandwich BBQ Rib Pattie/Bun <u>Vegetable Choices</u> Cauliflower</p>	<p>18</p> <p><u>Entrée Choices</u> Mozzarella Sticks &amp; Marinara Sauce Fish Sandwich <u>Vegetable Choices</u> Broccoli Corn</p>
<p>21</p> <p><b>NO SCHOOL (MAKE UP DAY)</b></p>	<p>22</p> <p><u>Entrée Choices</u> Soft Taco Grilled Chicken/Bun <u>Vegetable Choices</u> Refried Beans &amp; Chips Shredded Lettuce Diced Tomatoes &amp; Salsa</p>	<p>23</p> <p><u>Entrée Choices</u> Chicken Ala King Biscuit Hot Dog/Bun <u>Vegetable Choices</u> Mashed Potatoes Mixed Vegetables</p>	<p>24</p> <p><u>Entrée Choices</u> BBQ Pork Sliders Hamburger/Bun <u>Vegetable Choices</u> Seasoned Wedges California Blend</p>	<p>25</p> <p><u>Entrée Choices</u> Pizza Breaded Pork/Bun <u>Vegetable Choices</u> Corn Carrot Sticks &amp; Dip</p>
<p>28</p> <p><u>Entrée Choices</u> Chicken Parmesan Spaghetti &amp; Garlic Toast Breaded Chicken/Bun <u>Vegetable Choices</u> Italian Vegetables Lima Beans</p>	<p>29</p> <p><u>Entrée Choices</u> Fiestada Pizza Grilled Cheese <u>Vegetable Choices</u> Mexicali Corn Broccoli</p>	<p>30</p> <p><u>Entrée Choices</u> Salisbury Steak Yeast Roll Breaded Beef/Bun <u>Vegetable Choices</u> Mashed Potatoes Carrots</p>	<p>31</p> <p><u>Entrée Choices</u> Chicken Strips Biscuit &amp; Gravy BBQ Rib Patty/Bun <u>Vegetable Choices</u> Baby Cakes Pinto Beans</p>	<p>1</p> <p><u>Entrée Choices</u> Fish Sandwich Baked Potato w/ Diced Ham &amp; Cheese Sauce Pretzel <u>Vegetable Choices</u> Broccoli or Peas</p> <p><b>NO BAKED POTATO BAR</b></p>

### News

**BREAKFAST NOW  
BEGINS AT 7:45!**

**Breakfast is the most  
important meal of the  
day. Fuel up before  
you go to class!**

**All breakfast meals  
are served with your  
choice of juice, or  
fresh fruit. A variety  
of skim and low fat  
milk is offered with  
every meal.**

**Breakfast Price \$1.35  
Reduced Price \$.30**

**This institution is an  
equal opportunity  
provider**