

## Cont - January 2012 - Menu for Meigs County Schools

**Menu subject to vary - "Eat a balance diet each meal & exercise"**

Mon	Tue	Wed	Thu	Fri
<p><b><u>Breakfast:</u></b> Biscuit, Sausage, Or Cereal, Toast, Juice, Milk</p> <p style="text-align: center;"><b>30</b></p> <p>Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit WG Bread Choice of Milk</p>	<p><b><u>Breakfast:</u></b> Choice of Pop Tart or Yogurt w/graham crackers; Or Cereal, Toast, Juice, Milk</p> <p style="text-align: center;"><b>31</b></p> <p>Chicken Patty Or Corn Dogs Whole Potatoes Carrot Sticks Trimmings Fruit WG Bun Choice of Milk</p>	<p><b><u>Breakfast:</u></b> Pancake Sausage on Stick, Or Cereal, Toast, Juice, Milk</p>	<p><b><u>Breakfast:</u></b> Eggs, Bacon, Toast, Or Cereal, Juice, Milk</p>	<p><b><u>Breakfast:</u></b> Breakfast Pizza, Or Cereal, Toast, Juice, Milk</p>

- Middle School & High School choice of above reimbursable meal or Chef Salad reimbursable meal or Sandwich Line reimbursable meal

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