

# Breakfast Menu for Metcalfe High & Middle

# January 2017

Student Price: **No Charge**, Adult Price: \$1.75

| MONDAY |  | TUESDAY |  | WEDNESDAY |   | THURSDAY |   | FRIDAY |   |
|--------|--|---------|--|-----------|---|----------|---|--------|---|
| 2      | Sausage/Biscuit/Gravy (27g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 3       | Chicken Biscuit (32g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 4         | Breakfast Pizza (24g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice(13g)<br>Seasonal Fresh Fruit | 5        | Cinnamon Toast (45g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 6      | Glazed Donut (36g)<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit |
| 9      | Sausage/Biscuit/Gravy (27g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 10      | Chicken Biscuit (32g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 11        | Breakfast Pizza (24g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice(13g)<br>Seasonal Fresh Fruit | 12       | Cinnamon Toast (45g)G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit  | 13     | Glazed Donut (36g)<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit |
| 16     | <b>No School</b>   | 17      | Chicken Biscuit (32g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 18        | Breakfast Pizza (24g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice(13g)<br>Seasonal Fresh Fruit | 19       | Cinnamon Toast (45g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 20     | Glazed Donut (36g)<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit |
| 23     | Sausage/Biscuit/Gravy (27g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 24      | Chicken Biscuit (32g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 25        | Breakfast Pizza (24g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice(13g)<br>Seasonal Fresh Fruit | 26       | Cinnamon Toast (45g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 27     | Glazed Donut (36g)<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit |
| 30     | Sausage/Biscuit/Gravy (27g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit | 31      | Chicken Biscuit (32g) G<br>Yogurt (19g)<br>Cereals (24g) G<br>100% Fruit Juice (13g)<br>Seasonal Fresh Fruit |           |   |          |   |        |   |

\*1% White Milk or Flavored Skim Milk Available Daily. Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

**KEY TO ABBREVIATIONS**

**G = Whole Grain**

**g = Grams of Carbohydrates**

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

USDA is an equal opportunity provider and employer.



[www.metcalfe.kyschools.us](http://www.metcalfe.kyschools.us)

# Lunch Menu for Metcalfe High & Middle

# January 2017

Student Price: **No Charge**, Adult Price: \$2.75

| MONDAY |  | TUESDAY |  | WEDNESDAY |  | THURSDAY |   | FRIDAY |   |
|--------|--|---------|--|-----------|--|----------|---|--------|---|
| 2      | Chicken Fingers (19g)<br>Salisbury Steak (4g)<br>Whole Kernel Corn (21g)<br>Mashed Potatoes (17g)<br>Green Beans (4g)<br>Roll ( 22g) G<br>Fruit Selections | 3       | Breakfast for Lunch<br>OR<br>Sandwich Bar<br>Baked Chips<br>Lettuce, Tomato, Pickle<br>Fruit & Veggie Selections   | 4         | General Tso's Chicken (26g)<br>G<br>Baked Potato Bar (32g)<br>Fried Rice (35g)<br>Egg Roll (22g ) G<br>Fruit & Veggie Selections                   | 5        | Cheese Breadsticks (30g)G<br>Rib Patty (29g) G<br>Marinara Sauce (1g)<br>Side Salad w/ Dressing (10g)<br>Baked Chips (19g)<br>Fruit Selections<br>Brownie | 6      | Chili (16g)<br>Grilled Cheese (21g) G<br>Hot Dog w/ Bun (22g) G<br>Baked Chips (19g)<br>Fruit Selections<br>Fresh Baked Cookie (17g)  |
| 9      | Hamburger w/ Bun (23g) G<br>Sub Sandwiches (33g) G<br>Seasoned Curly Fries (18g)<br>Baked Beans (32g)<br>Chocolate Chip Cookie (18g)<br>Fruit Selections   | 10      | 2 Chicken Fajitas (32g)<br>Salad Bar<br>Sour Cream (4g) & Cheese (1g)<br>Refried Beans (16g)<br>Chips & Salsa (20g)<br>Side Salad (1g)<br>Fruit Selections | 11        | Boneless Wings (6g)<br>Manwich (36g)<br>Baked Chips (19g)<br>Veggies w/ Dip (10g)<br>Fruit & Yogurt Parfait (32g)<br>Fruit Selection               | 12       | Extreme Nachos (29g)<br>Salad Bar<br>Side Salad w/ Dressing (10g)<br>Chips & Salsa (20g)<br>Refried Beans (29g)<br>Fruit Selections                       | 13     | Veggie Soup (12g)<br>Ham Sandwich (27g)<br>Baked Potato Bar<br>Baked Chips (19g)<br>Veggie & Fruit Selections<br>Fresh Baked Cookie (17g)                                   |
| 16     | <b>No<br/>School</b>   | 17      | Fish Sandwich (32g) G<br>Turkey Sandwich (27g)<br>Pinto Beans (19G)<br>Corn Bread (32g)<br>Cole Slaw (17g)<br>Fruit Selections                             | 18        | Spicy Chicken Fillet w/ Bun (36g)<br>Pork BBQ w/ Bun (34g) G<br>Green Peas (10g)<br>Mac & Cheese (42g)<br>Broccoli Salad (16g)<br>Fruit Selections | 19       | Pepperoni Calzone (35g) G<br>Hot Ham & Cheese (28g)<br>Whole Kernel Corn (21g)<br>Side Salad (1g)<br>Rice Krispy Square (22g)<br>Fruit Selections         | 20     | Chicken Taco Soup (18g)<br>Hot Dog (22g) & Baked Chips<br>Tortilla Chips (19g)<br>Sour Cream (4g) & Cheese (1g)<br>Side Salad (1g) & Fruit<br>Mini Ice Cream Sandwich (17g) |
| 23     | Chicken Fingers (19g)<br>Salisbury Steak (4g)<br>Whole Kernel Corn (21g)<br>Mashed Potatoes (17g)<br>Green Beans (4g)<br>Roll ( 22g) G<br>Fruit Selections | 24      | Breakfast for Lunch<br>OR<br>Sandwich Bar<br>Baked Chips<br>Lettuce, Tomato, Pickle<br>Fruit & Veggie Selections   | 25        | General Tso's Chicken (26g)<br>G<br>Baked Potato Bar (32g)<br>Fried Rice (35g)<br>Egg Roll (22g ) G<br>Fruit & Veggie Selections                   | 26       | Cheese Breadsticks (30g)G<br>Rib Patty (29g) G<br>Marinara Sauce (1g)<br>Side Salad w/ Dressing (10g)<br>Baked Chips (19g)<br>Fruit Selections<br>Brownie | 27     | Chili (16g)<br>Grilled Cheese (21g) G<br>Hot Dog w/ Bun (22g) G<br>Baked Chips (19g)<br>Fruit Selections<br>Fresh Baked Cookie (17g)  |
| 30     | Hamburger w/ Bun (23g) G<br>Sub Sandwiches (33g) G<br>Seasoned Curly Fries (18g)<br>Baked Beans (32g)<br>Chocolate Chip Cookie (18g)<br>Fruit Selections   | 31      | 2 Chicken Fajitas (32g)<br>Salad Bar<br>Sour Cream (4g) & Cheese (1g)<br>Refried Beans (16g)<br>Chips & Salsa (20g)<br>Side Salad (1g)<br>Fruit Selections |           |  |          |   |        |   |

\*1% White Milk or Flavored Skim Milk Available Daily

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ABBREVIATIONS**

**G = Whole Grain**  
**g = Grams of Carbohydrates**

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Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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**Deli Sandwiches and PB&J's  
Now Available Every Day!**



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