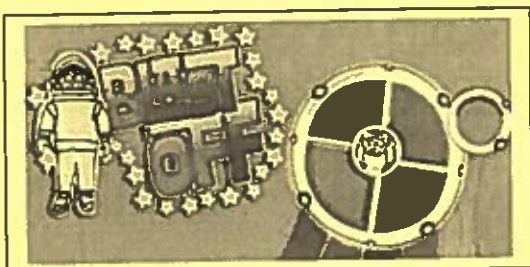


**Pocahontas County Schools  
January Breakfast and Lunch Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2019</b>	1 New Year's Day Holiday  <b>HAPPY NEW YEAR</b>	2 *Pumpkin Bread *Cereal *Fruit  Sausage*** Egg Patty*** Hashbrown*** Biscuit*** Fruit***	3 *Bagel w/ Cream Cheese *Cereal *Fruit  Pork BBQ*** Baked Beans*** California Blend*** Cole Slaw Fruit***	4 *Cherry Frudel *Cereal *Fruit  Chicken Drumstick*** Seasoned Red Potatoes*** Roll*** Fruit***
7 *Banana Bread *Cereal *Fruit  Chicken and Noodle Soup*** Sunflower/Jelly Sandwich*** Veggie*** Fruit***	8 *Cocoa Puff Breakfast Bar *Cereal *Fruit  Fish Nuggets*** Potato nuggets*** Hushpuppies*** Cookie Fruit***	9 * Apple Muffin *Cereal *Pear  Salisbury Steak *** Mashed Potatoes *** Green Beans *** Roll*** Pineapple***	10 *Chicken Sandwich *Cereal *Fruit Cup  Ham/Cheese Sub*** Great Northern Beans*** Baked Apple Crisp Sweet Potatoes*** Fresh Fruit***	11 *French Toast Sticks *Cereal *Fruit  Rotini w/Meat Sauce*** Romaine Salad ***w/ Tomatoes Bread Stick *** Fresh Fruit***
14 *Blueberry Mini Waffle *Cereal *Fruit  Chicken Fajita*** Stir fry Veggies*** Spanish Rice*** Fruit***	15 *Strawberry Gogurt *Cereal *Fruit Cup  Pepperoni Pizza *** Seasoned Kale*** (taste test) Corn *** French Fries*** Applesauce***	16 *Egg/Sausage/Bean Burrito *Cereal *Fruit  Chili*** Cornbread*** Quick Baked Potato*** Brownie Fruit***	17 *Straw/Chex Mix *Cereal *Apple  Chicken Alfredo w/ Penne Pasta*** Bread Stick*** Broccoli Parmesan*** Mandarin Oranges***	18 * Sausage/Pancake Stick *Cereal *Fruit  Pig in a Blanket*** Steamed Vegetables*** Fresh Carrots*** Fresh Fruit***
21 Martin Luther King Jr's Birthday Holiday 	22 *Raspberry Churro *Cereal *Fruit  Tomato Soup*** Grilled Cheese *** *** Peas/Carrots*** Mixed Fruit***	23 *Sausage Patty *Biscuit *Cereal *Fruit  Meatloaf*** Mac n Cheese ***, *** Romaine Salad*** Fruit*** Sherbet	24 * Blueberry Muffin *Cereal *Fruit  Fish Sandwich*** Scalloped Potatoes*** Fresh Broccoli*** Peaches***	25 * Egg/Cheese Biscuit *Cereal *Fruit Cup  BBQ Chicken*** Mashed Potatoes*** Green Beans*** Cookie Fruit***
28 *Egg cheese omelet *Cereal *Fruit  Cheeseburger***, *** Quick Baked Potato*** Baked Beans*** Fresh Fruit***	29 *Breakfast Pizza *Cereal *Fruit  Beef bean burrito*** Quick Baked Sweet Potato*** Corn*** Fruit***	30 *Apple Breadstick *Cereal *Fruit Cup  Chicken Pot Pie*** Mixed Vegetables*** Mandarin Oranges*** Ice Cream Chocolate Birthday Cake	31 *Chocolate Chip Bar *Cereal *Fruit  Taco Salad*** Corn*** Refried Beans*** Fruit***	



Yogurt and Milk offered for Breakfast-Daily. Variety of Milk offered for Lunch Daily.

\*Breakfast Students must take a fruit and 2 other \* items.  
Lunch \*\*\* Students must take a fruit or a vegetable and 2 other \*\*\* items.

<https://www.fns.usda.gov/tn/blast-ame>