

# MIGHTY DRAGON BITES

2018  
January



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1		2		3		4		5
<b>BF: MINI POWDERED DONUT/PEACH CUP</b>	8	<b>BF: BREAKFAST PIZZA/MANDARIN ORANGE CUP</b>	9	<b>BF: BEEF SAUSAGE ON A BUN/MIXED FRUIT</b>	10	<b>BF: MINI WAFFLES/PEAR CUP</b>	11	<b>BF: MUFFIN&amp;CHEZ STIX/APPLE SLICES</b>	12
BEEF EMPANADA OR PIZZA CORN SEASONED CARROTS CRANBERRIES PEACH CUP		OVER FRIED CHICKEN OR STEAK FINGERS/ ROLL POTATO SMILES GREEN BEANS APRICOTS/APPLE		LITTLE SMOKIES OR MINI RIBLETTES MAC&CHEESE/BAKED BEANS BANANA/SWEET POTATO TOTS COOL TOPICS FRUIT SLUSHIE		SALISBURY STEAK MASHED POTATOES/GRAVY/ROLL GRAPE IW/STRAWBERRY CUP TURNIP GREENS		GRILLED CHEESE/SUB SANDWICH TOMATO SOUP BROCCOLI BITES PEARS GRAPES IW	
	15	<b>BF: VERTICAL BAR/CHEZ STIX/MANDARIN ORANGE</b>	16	<b>BF: CHEESE QUESADILLA/MIXED FRUIT</b>	17	<b>BF: HONEY BUN/PEAR CUP</b>	18	<b>BF: MINI PANCAKES/APPLES SLICES</b>	19
MARTIN LUTHER KING		TACO ROLL CHEESE NACHOS MEXICALI CORN PINTO BEANS/APPLES SLICED PEACHES		SCRAMBLED EGG/SAUSAGE LINK HAM AND CHEESE CROISSANT SEASONED SWEET POTATO CUBES FRENCH TOAST STICKS JICAMA/ORANGE WEDGES/FRUIT JUICE		MEATBALLS ON A HOAGIE BUN PIZZA GREEN BEANS ROMAINE&SPINACH SALAD BANANA/PINEAPPLE CHUNKS		MINI CORN DOGS OR CHUCKWAGONW/BOSCO CHEZSTIX SEASONED CARROTS/CELERY STICK W/DIP/GRAPES/MIXED FRUIT	
<b>BF: CINNI-MINI/PEACH CUP</b>	22	<b>BF: BREAKFAST PIZZA/MANDARIN ORANGE CUP</b>	23	<b>BF: KOLACHE/MIXED FRUIT CUP</b>	24	<b>BF: BEEF SAUSAGE ON BUN/PINEAPPLE CUP</b>	25	<b>BF: MINI WAFFLES/APPLE SLICE</b>	26
MR RIB ON BUN CHICKEN ON BUN SEASONED POTATO WEDGES BAKED BEANS/APPLESAUCE CRANBERRIES		CHICKEN CRISPITO TACO ROLL/REFRIED BEANS SALSA CUP/TOSTITO CHIPS PEARS/RAISELS		CHICKEN NUGGET/ STEAK FINGERS MASHED POTATO W/GRAVY TX TOAST/GREEN BEANS BANANA ICE DOG FRUIT SLUSHIE		PIZZA/BBQ ON BUN ROMAINE&SPINACH SALAD CORN/APRICOTS ORANGE WEDGES		POPCORN CHICKEN CHEF SALAD CURLY FRIES/ROLL CARROTS W/RANCH DIP GRAPEFRUIT/APPLE JUICE	
<b>BF: POPTART/PEACH CUP</b>	29	<b>BF: BREAKFAST PIZZA/APPLESAUCE</b>	30	<b>BF: PIG-N-BLANKET/MIXED FRUIT</b>	31	<b>BF: MINI BAGEL/PEAR CUP</b>	1	<b>BF: BREAK BURRITO/APPLE SLICES</b>	2
RAVIOLLI/BREAD STICK PIZZA SEASONED CARROTS/CORN MIXED FRUIT PEARS		ASIAN CHICKEN/EGG ROLL CRANBERRIES/NOODLE STIR GRY VEGETABLES ROMAINE&SPINACH SALAD PINEAPPLE TIDBITS		BBQ ON BUN/FISH SANDWICH SPICY SWEET POTATO FRY CAJUN RED BEANS COOL TOPICS FRUIT SLISHIE APPLES		STEAK FINGERS/CHICKEN FRIES MASHED POTATOES/GRAVY TX TOAST/GREEN BEANS STRAWBERRY CUP/BANANA		CHICKEN QUESADILLA/FRITO PIE PINTO BEANS/JICAMA SALSA CUP PEACHES/FRUIT JUICE	

## Nutrition Know How

A meal consists of 5 Components:

-  Meat
-  Grain
-  Vegetable
-  Fruit
-  Milk

A student must take at least three components of the menu and one of those components must be a fruit or vegetable.

Menu substitutions may occur.

**Prices**  
-Student \$2.60  
-Reduced \$0.40  
-Adult/Visitor \$3.50



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