

QUANTICO SCHOOLS CAFETERIA LUNCH MENU

JANUARY 07, 2013 TO FEBRUARY 15, 2013

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 07 Chicken Nuggets Mashed Potatoes w/Gravy Carrots Pineapple Tidbits Assorted Milk | 08 Cheese Quesadilla Refried Beans Corn Grape Juice Cup Snicker doodle Cookie Assorted Milk | 09 Hamburger on Bun Dark Green Leaf Lettuce & Tomato Sweet Potato Rounds Sliced Peaches Assorted Milk | 10 Toasted Cheese Sandwich Chicken Veg-Rice Soup Peas and Carrots Fresh Fruit Assorted Milk | 11 Pepperoni Pizza Potato Wedges Tossed Salad w/Romaine Mixed Fruit Cup Assorted Milk |
| 14 Hot Dog on Bun Potato Wedges Mixed Vegetables Baked Apples Assorted Milk | 15 Chicken Wrap Romaine & Tomato Mix Carrots Mixed Fruit Cup Assorted Milk | 16 Spaghetti w/Meat Sauce Garden Spinach Salad Garlic Bread Stick Fresh Fruit Assorted Milk | 17 Hard Shell Beef Tacos Lettuce, Tomato & Cheese Cup Refried Beans Corn Pineapple Tidbits Assorted Milk | TEACHERS WORKDAY NO LUNCH |
| 21 MARTIN LUTHER KING DAY NO SCHOOL | 22 Chicken Nuggets Macaroni & Cheese Broccoli Diced Pears Assorted Milk | 23 Chili w/Rice Corn Bread Muffin Green Beans Grape Juice Assorted Milk | 24 Cheese Quesadilla Spanish Rice Corn Fresh Fruit Assorted Milk | 25 Chicken Tender Mashed Potatoes w/Gravy Green Beans Orange Juice Sugar Cookie Assorted Milk |
| 28 Hamburger on Bun Dark Green Leaf Lettuce & Tomato Sweet Potato Rounds Fresh Fruit Assorted Milk | 29 Hot Ham and Cheese Potato Rounds Carrots Baked Apples Assorted Milk | 30 Spaghetti w/Marana Sauce Garlic Bread Tossed Salad w/Romaine Diced Peaches Assorted Milk | 31 Chicken Patty on Bun Seasoned Rice Green Beans Fresh Fruit Assorted Milk | 01 Cheese Pizza Garden Spinach Salad Mixed Fruit Chocolate Chip Cookie Assorted Milk |
| 04 Hot Dog on Bun Baked Beans Carrot Sticks Applesauce Assorted Milk | 05 Beef and Bean Burrito Romaine and Tomato Salad Mexican Corn Pineapple Tidbits Assorted Milk | 06 BBQ Chicken Leg Mashed Potatoes w/Gravy Sweet Peas Fresh Fruit Assorted Milk | EARLY DISMISSAL FOR TRAINING NO LUNCH | 08 Stromboli Garden Spinach Salad Apple Juice Chocolate Pudding Assorted Milk |
| 11 Chicken Nuggets Wedges Green Beans Sliced Peaches Assorted Milk | 12 Sloppy Joe on Bun Sweet Potato Rounds Baked Beans Fresh Fruit Assorted Milk | 13 Italian Pasta Bake Garden Spinach Salad Garlic Bread Orange Juice Assorted Milk | 14 Turkey and Cheese Sub Dark Green Leaf Lettuce & Tomato Fries Fresh Fruit Assorted Milk | 15 Soft Tacos Lettuce, Tomato & Cheese Corn Fresh Fruit Applesauce Cake Assorted Milk |

QUANTIO SCHOOLS CAFETERIA BREAKFAST MENU

JANUARY 07, 2012 TO FEBRUARY 15, 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 07 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk | 08 Fresh Fruit French Toast Sticks Assorted Milk | 09 Assorted Juice Egg and Cheese English Muffin Assorted Milk | 10 Fresh Fruit Pancakes w/Syrup Assorted Milk | 11 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk |
| 14 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk | 15 Fresh Fruit Breakfast Pizza Assorted Milk | 16 Assorted Juice Waffles with maple syrup Assorted Milk | 17 Fresh Fruit Sausage Biscuit Assorted Milk | 18 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk |
| 21 MARTIN LUTHER KING DAY NO SCHOOL | 22 Fresh Fruit French Toast Assorted Milk | 23 Fresh Fruit Oatmeal Assorted Milk | 24 Assorted Juice Sausage Wrapped in a Pancake Assorted Milk | 25 Assorted Juice Ham and Cheese Bagel |
| 28 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk | 29 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk | 30 Assorted Juice Waffles with Maple Syrup Assorted Milk | 31 Fruit Sausage Biscuit Assorted Milk | 01 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk |
| 04 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk | 05 Assorted Juice Breakfast Pizza Assorted Milk | 06 Assorted Juice Pancakes with Maple Syrup Assorted Milk | 07 Fresh Fruit Bacon & Cheese Biscuit Assorted Milk | 08 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk |
| 11 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk | 12 Fresh Fruit French Toast Assorted Milk | 13 Assorted Juice Sausage Biscuit Assorted Milk | 14 Fresh Fruit Sausage Wrapped in a Pancake Assorted Milk | 15 Assorted Juice Scramble Eggs Toast Assorted Milk |