

Meal Prices:
Breakfast:
 Student—\$1.90
 Adult—\$2.25

JANUARY

Meal Prices:
Lunch:
 Student—\$2.85
 Adult—\$3.75
Ala Carte:
 Milk/Juice \$.50

**FREE AND REDUCED APPLICATIONS CAN BE FOUND AND SUBMITTED SECURELY ONLINE AT:
 MYSCHOOLAPPS.COM**

**TO MAKE DEPOSITS, SEE STUDENT TRANSACTIONS AND BALANCE, AND SIGN UP FOR LOW BALANCE NOTICES GO TO:
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2019 BREAKFAST STURGIS/WHITEWOOD/PIEDMONT/MIDDLE SCHOOL

BREAKFAST INCLUDES DAILY: FRUIT , JUICE AND A VARIETY OF MILK **YOGURT, CEREAL, BAGEL AND TOAST OFFERED AS DAILY ENTREES**

30	1	2	3	4
6 A: Cheese Omelet & Toast B: Long John	7 A: French Toast Sticks B: Breakfast Pizza	8 A: Scrambled Eggs & Toast B: Cinnamon Bread	9 A: Biscuit & Gravy B: Breakfast Wrap	10 A: Smoothie B: Scones
13 A: Sausage, Egg & Cheese Biscuit B: Banana Bread	14 A: Cheese Omelet, Sausage & Toast B: Mini Pancakes	15 A: Cinnamon & Sugar Toast B: Pancake on a Stick	16 A: Cinnamon Roll B: Breakfast Pizza	17 A: Cheesy Eggs & Toast B: Cinnamon Bread
20 NO SCHOOL	21 A: Cheesy Eggs & Toast B: Long John	22 A: Flavored Muffin B: Cheese Omelet & Toast	23 A: Yogurt Parfait B: Choc. Chip Oatmeal Breakfast Bar	24 A: Smoothie B: Scones
27 A: Cinnamon Sugar Toast B: Breakfast Bowl	28 A: Cheese Omelet & Toast B: Banana Bread	29 A: Cinnamon Bread B: Yogurt Banana Split	30 A: Egg & Cheese Biscuit B: Long John	31 A: Waffles B: Breakfast Wrap

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2019 LUNCH STURGIS/WHITEWOOD/PIEDMONT ELEMENTARY/MIDDLE SCHOOLS

Grab'N'Go Sandwich and Salad Choices offered Daily, along with Milk and Fruit.

30		31		1		2		3	
<p>6 Hamburger Deluxe or Chicken Patty Sandwich with Lettuce, Tomato, Baked Beans, Cheesy Rice and Broccoli Bake, Fruit and Milk <i>*ketchup, mustard, mayo</i></p>	<p>7 Cheese Steak Sandwich or Hot Dog (Elementary) Buffalo Chicken (Middle) With Jo-Jo Potatoes and Steamed Broccoli, Fruit and Milk <i>*ketchup, mustard</i></p>	<p>8 PASTA DAY Choices: Chicken Alfredo or Meatballs and Marinara over Pasta With Tossed Salad, Carrots, and a Breadstick, Fruit and Milk <i>*ranch dressing</i></p>	<p>9 Chicken Drumstick or Corn Dog With Macaroni and Cheese and Steamed Peas, Fruit and Milk <i>*ketchup, mustard</i></p>	<p>10 French Toast, Sausage Patty, Breakfast Potato Rounds, Baby Carrots, Fruit and Milk <i>*syrup</i></p>	<p>13 Potato Crunch Fish Nuggets or Chicken Nuggets With Fries, T-Roll and Butter, Fresh Spinach Salad, Fruit and Milk and a Sugar Cookie <i>*tartar sauce, BBQ, ranch</i></p>	<p>14 SUPER NACHOS Beef or Chicken With Chips, Lettuce, Tomato, Refried Beans, Nacho Cheese, Salsa, and a Cinnamon Sugar Breadstick, Fruit and Milk</p>	<p>15 Popcorn Chicken or Country-Fried Steak with Mashed Potatoes, Country Gravy, Steamed Broccoli, T-Roll and Butter, Fruit and Milk <i>*BBQ, ketchup</i></p>	<p>16 Broccoli Beef or Tangerine Chicken with Stir Fry Vegetables over Steamed Rice, Baby Carrots and Oranges, and a Fortune Cookie</p>	<p>17 Cheese Pizza or Pepperoni Pizza With Tossed Salad and Fresh Veggies, Ranch, Fruit Slushie and Milk</p>
<p>20 NO SCHOOL</p>	<p>21 PASTA DAY Choices: Chicken Alfredo or Meatballs and Marinara over Pasta With Spinach Salad, Carrots, and a Breadstick, Fruit and Milk <i>*ranch dressing</i></p>	<p>22 Mini Corn Dogs or Chicken Strips With Mashed Potatoes and Gravy, Steamed Carrots, T-Roll and Butter, Fruit and Milk <i>*ketchup, mustard, BBQ</i></p>	<p>23 WALKING TACO Beef or Chicken with Chips, Lettuce, Cheese, Tomato, Refried Beans, Salsa, and a Cinnamon Bread Stick, Fruit and Milk</p>	<p>24 Biscuit and Gravy with Cheese Omelet And Deli Roasters, Oranges, Dragon Punch and Milk <i>*Butter and Jelly</i></p>	<p>27 Sloppy Joe or Chicken Patty Sandwich with Lettuce, Tomato, Cheesy Potatoes, Baked Beans, Fruit and Milk <i>*BBQ, pickles</i></p>	<p>28 Popcorn Chicken or Country-Fried Steak with Mashed Potatoes, Country Gravy, Steamed Broccoli, T-Roll and Butter, Fruit and Milk <i>*BBQ, ketchup</i></p>	<p>29 Mozzarella-Stuffed Breadstick with Tomato Soup or Chicken Noodle Soup Served with Tossed Salad and Fresh Veggies and Ranch, Mini Cinnamon Roll, Fruit and Milk</p>	<p>30 Chicken Drumstick or Corn Dog With Macaroni and Cheese and Steamed Peas, Fruit and Milk <i>*ketchup, mustard</i></p>	<p>31 SUPER BOWL WARM-UP! Nardone Bros. Pan Pizzas Cheese or Meat Lovers Veggies and Ranch, Berry Cups and Milk</p>