

**WEST BATON ROUGE CHILD NUTRITION PROGRAM**  
**BREAKFAST AND LUNCH MENU**  
**JANUARY 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  <b>HOLIDAY</b>	2  <b>HOLIDAY</b>
5 Toast w/ PB & J Cereal Juice/Milk  <b>Pulled Pork On WW Bun Spicy Wedges or Fries Coleslaw Sliced Peaches Milk</b>	6 Breakfast Stix w/Syrup Fruit Choice Milk  <b>White Beans w/Ham Steamed Rice Seasoned Greens* Fresh Fruit Corn Bread Vanilla Wafers Milk</b> <small>*Option: Mustard or Turnip</small>	7 Sausage Biscuit Juice/Milk  <b>Beef /Cheese Nachos* Refried Beans Lettuce/Tomato Salad Fresh Fruit Graham Crackers / Milk</b> <small>*Option: Beef/Cheese Taco</small>	8 Low fat Yogurt Graham Crackers Fruit / Milk  <b>Spicy Oven Baked Chicken *Red Beans w /rice Biscuit Banana Milk</b> <small>* No Sausage in Beans</small>	9 French Toast Sticks Juice/Milk  <b>Chicken/Sausage Pastalaya Baked Sweet Potato Frozen Fruit Dessert WW Rolls Milk</b>
12 2 oz. Muffin Juice / Milk  <b>Red Beans w/Sausage Steamed Brown Rice Steamed Cabbage Fresh Fruit Cornbread Milk</b>	13 Whole Wheat Waffles Juice / Milk  <b>Whole Grain Pizza Carrot/Celery Sticks w/ lo Fat Dressing Seasoned Corn Jell-O / Graham Crackers Milk</b>	14 Cheese Toast Cereal / Juice Milk  <b>Turkey or Chicken Stew Steamed Brown Rice Steamed Broccoli Fresh Fruit Wheat Roll Milk</b>	15 Break fast Pizza Banana / Milk  <b>*Chili/Cheese Loaded Potato Spinach Salad w/Italian vinaigrette dressing Fruit / Whole Wheat Crackers Oatmeal Cookies Milk</b> <small>*ES Option: Pizza Burger * HS Option: Chef Salad</small>	16 Scrambled Eggs Toast / Juice / Milk  <b>Grilled Chicken Wrap w/ Lo Fat Ranch Dressing Lettuce / Tomato California Blend Veggies Sliced Peaches Milk</b>
19 <b>HOLIDAY</b>  <b>MARTIN L. KING, JR.</b>  <b>BIRTHDAY</b>	20 Breakfast Stix w/Syrup Fruit Choice/Milk  <b>Hamburger on WW Bun Lettuce/Tomato/Pickle Potato Rounds Fresh Orange Half Catsup/Mustard/Mayo Milk</b>	21 2 oz Cereal / Cheese Stick Juice/Milk  <b>Vegetable/Beef Soup Grilled Cheese Sandwich Green Salad Fruit Choice Milk</b>  <i>Early dismissal All Schools</i>	22 Biscuit / Jelly Bananas / Milk  <b>Spaghetti/Meat Sauce Corn on the Cob Green Salad Lo fat Pudding WW Garlic Bread Milk</b>	23 Scrambled Eggs / Grits Toast / Juice/ Milk  <b>Hot Dogs Baked Beans Fresh Fruit Banana Bread Squares Milk</b>
26 <b>HOLIDAY</b>  <b>MARTIN L. KING, JR.</b>  <b>BIRTHDAY</b>	27 Breakfast Stix w/Syrup Fruit Choice Milk  <b>White Beans w/Ham Steamed Rice Seasoned Greens* Fresh Fruit Corn Bread Vanilla Wafers Milk</b> <small>*Option: Mustard or Turnip</small>	28 Sausage Biscuit Juice/Milk  <b>Beef /Cheese Nachos* Refried Beans Lettuce/Tomato Salad Fresh Fruit Graham Crackers / Milk</b> <small>*Option: Beef/Cheese Taco</small>	29 Low fat Yogurt Graham Crackers Fruit / Milk  <b>Chicken/Sausage Gumbo Steamed Rice Crackers Potato Salad Fruit choice Milk</b>	30 French Toast Sticks Juice/Milk  <b>Chicken/Sausage Pastalaya Baked Sweet Potato Frozen Fruit Dessert WW Rolls Milk</b>

**Menus are subject to change without notice**