

Menus

School: Cowgill R-VI School

Academic Year: 2020-21

Meal: All

Month: January 2021

January				
M	Tu	W	Th	F
28	29	30	31	1
4 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: McRibb Sandwich, Sweet Potatoes & Applesauce	5 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Spaghetti & Meat Sauce, Green Beans, Breadstick & Peaches	6 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Country Fried Steak, Mashed Potatoes, Gravy, Corn & Pears	7 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Cheeseburger, BBQ Beans & Mandarin Oranges	8 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Chef Salad, Breadstick & Strawberries
11 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Pizza, Corn & Applesauce	12 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Veggie Soup, Grilled Cheese Sandwich & Pears	13 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Beef Taco Salad, Black Beans & Cinnamon Apples	14 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Fish Sandwich, Peas & Tropical Fruit	15
18	19 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Sweet Sour Chicken, Broccoli, Rice & Pineapple	20 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Burrito, Corn, String Cheese & Cinnamon Apples	21 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Beef Stroganoff, Green Beans & Peaches	22 Breakfast: Yogurt & Pop Tart Juice or Fruit Milk Lunch: Deli Sandwich, Chips & Banana
25 Breakfast: Yogurt & Muffin Juice or Fruit Milk Lunch: Creamy Chicken Over Biscuit, Strawberries & Dessert	26 Breakfast: Sausage Biscuit Juice or Fruit Milk Lunch: Grilled Chicken, Macaroni & Cheese, Carrots & Mandarin Oranges	27 Breakfast: Breakfast Pizza Juice or Fruit Milk Lunch: Meatloaf, Mashed Potatoes, Green Beans, Roll & Peaches	28 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Tuna Casserole, Peas & Applesauce "The USDA is an equal opportunity provider and employer."	29