

Please remember there is a **NO CHARGING** Policy in effect. Please call me if you have questions about it. Money needs to be in your child(ren)'s account to have breakfast or lunch.

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2 Muffin Pizza Salad Fresh Pears	3 Cinnamon Roll Spaghetti Corn Fresh Oranges	4 Cereal Chicken Nuggets Baked Fries Fresh Vegetables Applesauce Early Release
7 Cereal Tuna Noodle Casserole Fresh Veggies Mixed Fruit	8 Bagel Cream Cheese Teriyki Chicken Seasoned Rice Stir Fried Veggies Mandarin Oranges	9 Muffin Pizza Fresh Vegetables Cinnamon Apples	10 Cinnamon Roll BBQ Pork Sandwich Lentil Onion Peppers Fresh Strawberries	11 Cereal Nachos Refried Beans Cheese, Salsa Fresh Grapes
14 Cereal Beef Stroganoff Egg Noodles Broccoli Fresh Orange	15 Bagel Cream Cheese Egg Rolls Yellow Curry Rice Stir Fried Veggies Mandarin Oranges	16 Muffin Pizza Fresh Vegetables Blueberries	17 Cinnamon Roll Chicken Cheese Bean Burrito Corn and Peppers Fresh Apple	18 Cereal Chicken Alfredo Fresh Salad Fresh Kiwi Early Release
21 Cereal Chicken Queso Spanish Rice Fresh Veggies Cinnamon Apples	22 Bagel Cream Cheese Mac and Cheese Broccoli Fresh Orange	23 Pizza Fresh Vegetables Mixed Fruit	24 Turkey Pot Pie Fresh Veggies Cranberries	25 Beef Taco Black Beans Lettuce Cheese Salsa Fresh Pears
28 Cereal Ham and Scalloped Potatoes Green Beans Strawberries	29 Bagel Cream Cheese Whole Grain Chicken Corn Dog Potato Wedges Fresh Orange	30 Muffin Pizza Salad Applesauce	31 Cinnamon Roll Country Beef Steak Mashed Potatoes Gravy Green Beans Peaches	



Harvest of the month
LENTILS

All items subject to change, depending on availability

BIGFORK LUNCHROOM NEWS



All Breakfasts served with fruit and milk

BREAKFAST PRICES	
Grades K-6	\$1.25
7-12	1.50
K-12 Reduced	.30
Adult \$1.75	MILK .35

LUNCHES must include

3/4 cup fruit and/or vegetable to be a complete meal. Students need to take at least **3** of the **5** choices.

1 of the **3** choices **must** be 3/4 cup fruit and/or vegetable.

Choices for the Lunch Tray include
1c milk, 1-2oz protein, 1-2oz grain,
1/2 c to 3/4 cup vegetable, 1 cup fruit

Salad Bar is offered Every Day

LUNCH PRICES	
Grades K-6	\$2.25
7-12	2.75
K-12 Reduced	.40
Adult \$3.25	MILK .35

CONTACT INFORMATION:

Roger Vanlandingham
Food Service Director
837-7400 Ext.4037



vanlandingham@bigfork.k12.mt.us

