


# JANUARY

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <p>Please remember there is a <b>NO CHARGING</b> 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.</p> |   |   |  | <p>1<br/><b>NO SCHOOL</b></p>   |
| <p>4 <i>Benefit Bar</i><br/><b>Egg Rolls</b><br/>Coconut Rice<br/>Stir Fried Veggies<br/>Mandarin Oranges</p>  | <p>5 <i>Bagel Cream Cheese</i><br/><b>Country Beef Steak</b><br/>Mashed Potatoes<br/>Gravy<br/>Corn<br/>Blueberries</p> | <p>6 Muffin<br/><b>Pizza</b><br/>Fresh Vegetables<br/>Fresh Kiwifruit</p>   | <p>7 <i>Granola Bar</i><br/><b>Nachos</b><br/>Refried Beans<br/>Cheese, Salsa<br/>Fresh Apple</p>          | <p>8 <i>Cereal</i><br/><b>Ham &amp; Scalloped Potatoes</b><br/>Fresh Veggies<br/>Fresh Pear</p>           |
| <p>11 <i>Benefit Bar</i><br/><b>Chicken Alfredo</b><br/>Corn<br/>Sliced Peaches</p>  | <p>12 <i>Bagel Cream Cheese</i><br/><b>Beef Taco</b><br/>Black Beans<br/>Lettuce Cheese Salsa<br/>Applesauce</p>        | <p>13 Muffin<br/><b>Pizza</b><br/>Fresh Vegetables<br/>Fresh Orange</p>     | <p>14 <i>Fruit Parfait</i><br/><b>Beef Stroganoff</b><br/>Green Beans<br/>Sliced Pears</p>                 | <p>15 <i>Cereal</i><br/><b>Orange Chicken</b><br/>Seasoned Rice<br/>Fresh Veggies<br/>Fresh Apple</p>     |
| <p>18 <i>Benefit Bar</i><br/><b>Spaghetti</b><br/>Cheesy Broccoli<br/>Sliced Oranges</p>   | <p>19 <i>Bagel Cream Cheese</i><br/><b>Pork Carnitas Enchilada</b><br/>Fresh Veggies<br/>Cinnamon Apples</p>            | <p>20 Muffin<br/><b>Pizza</b><br/>Fresh Vegetables<br/>Fresh Strawberry</p> | <p>21 <i>Granola Bar</i><br/><b>Mac and Cheese</b><br/>Peas and Carrots<br/>Fresh Apple</p>                | <p>22 <i>Cereal</i><br/><b>Chicken Fajita</b><br/>Corn and Peppers<br/>Cheese, Salsa<br/>Fresh Grapes</p> |
| <p>25 <i>Benefit Bar</i><br/><b>BBQ Pork Sandwich</b><br/>Cole Slaw<br/>Fresh Apple</p>  | <p>26 <i>Bagel Cream Cheese</i><br/><b>Turkey Noodle Bake</b><br/>Peas and Carrots<br/>Fresh Orange</p>                 | <p>27 Muffin<br/><b>Pizza</b><br/>Fresh Veggies<br/>Applesauce</p>          | <p>28 <i>Fruit Parfait</i><br/><b>Breakfast for Lunch</b><br/>Sausage Links<br/>Yogurt<br/>Blueberries</p> | <p>29 <i>Cereal</i><br/><b>Whole Grain Chicken Corn Dog</b><br/>Potato Wedges<br/>Sliced Peaches</p>      |
|  |                                      | <p>Harvest of the month<br/><b>CARROTS</b></p>                              |  |   |

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 \$1.85 | MILK .35 |

**LUNCHESES** 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,  
½ c to ¾ cup vegetable, 1 cup fruit

### LUNCH PRICES

|              |          |
|--------------|----------|
| Grades K-6   | \$2.25   |
| 7-12         | 2.75     |
| K-12 Reduced | .40      |
| Adult \$3.75 | MILK .35 |

### CONTACT INFORMATION:



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