Jan. 7-11

Elementary Breakfast

Monday, Jan. 7: Breakfast burrito or cereal with yogurt, fruit, milk.

Tuesday, Jan. 8: Pancake with syrup or fruit muffin with graham cracker, fruit, milk, juice.

Wednesday, Jan. 9: Breakfast on a stick or cereal with cheese stick, fruit, milk.

Thursday, Jan. 10: Breakfast burrito or bagel with toppings, fruit, milk, juice.

Friday, Jan. 11: Ham and cheese muffin or fruit muffin with yogurt, fruit, milk.

Elementary Lunch

Monday, Jan. 7: Chicken patty, brown rice, green beans, salad bar, milk.

Tuesday, Jan. 8: Beef taco pie, tortilla shell rounds, seasoned peas, salad bar, milk.

Wednesday, Jan. 9: Chicken and cheese quesadilla, Mexican style pinto beans, seasoned broccoli, salad bar, milk.

Thursday, Jan. 10: Sloppy Joe, pork-n-beans, mixed vegetables, salad bar, milk.

Friday, Jan. 11: BBQ rib on whole wheat bun, baked beans, tater tots, salad bar, milk.

JR/SR High Breakfast

Everyday breakfast options: Breakfast burrito, breakfast bar, muffin/bagel of the day, fresh fruit, milk, juice (Tuesday and Thursday only).

JR/SR High Lunch

Monday, Jan. 7: Chicken patty, brown rice, green beans, salad bar, milk.

Tuesday, Jan. 8: Beef taco pie, tortilla shell rounds, seasoned peas, salad bar, milk.

Wednesday, Jan. 9: Chicken and cheese quesadilla, Mexican style pinto beans, seasoned broccoli, salad bar, milk.

Thursday, Jan. 10: Sloppy Joe, pork-n-beans, mixed vegetables, salad bar, milk.

Friday, Jan. 11: BBQ rib on whole wheat bun, baked beans, tater tots, salad bar, milk.

Holyoke Enterprise January 3, 2013