

## School menu

Written by Holyoke Enterprise

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### Jan. 28-31

#### Elementary Breakfast

Monday, Jan. 28: French toast sticks or cereal with graham cracker, fruit, milk.

Tuesday, Jan. 29: Breakfast burrito or fruit muffin with yogurt, milk, juice.

Wednesday, Jan. 30: Pancakes with syrup or bagel with toppings, fruit, milk.

Thursday, Jan. 31: Breakfast burrito or cereal with string cheese, fruit, milk, juice.

#### Elementary Lunch

Monday, Jan. 28: Spaghetti with meat sauce, garlic bread, seasoned corn, salad bar, milk.

Tuesday, Jan. 29: Breaded chicken nuggets, seasoned pasta, seasoned green beans, salad bar, milk.

Wednesday, Jan. 30: Cheeseburger, baked beans, seasoned carrots, salad bar, milk.

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Thursday, Jan. 31: Pork Cantonese, white rice with gravy, seasoned peas, 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. 28: Spaghetti with meat sauce, garlic bread, seasoned broccoli, salad bar, milk.

Tuesday, Jan. 29: Breaded chicken nuggets, seasoned pasta, green beans, salad bar, milk.

Wednesday, Jan. 30: Beef nachos with cheese sauce, baked beans, seasoned carrots, salad bar, milk.

Thursday, Jan. 31: Pork Cantonese, white rice with gravy, seasoned peas, salad bar, milk.

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Holyoke Enterprise January 24, 2013