January 2017

Breakfast - \$1.50, Reduced \$.30 Lunch - \$2.65, Reduced \$.40

We have the right to substitute items without notice.

HILLSBORO SCHOOL DISTRICT #3



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

BREAKFAST

This menu may contain peanuts or nut products				
Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Not in Attendance</u> Due to Christmas Break	<u>Not in Attendance</u> Due to Teacher's Institute	Choice of Cereal Biscuit & Sausage Gravy Fruit/Fruit Juice Milk	Choice of Cereal Cinnamon Rolls Fruit/Fruit Juice Milk	Breakfast Buffet 6 Manager's Choice Fruit/Fruit Juice Milk
Choice of Cereal 9 Cheese Omelet Fruit/Fruit Juice Milk	Choice of Cereal 10 Breakfast Pizza Fruit/Fruit Juice Milk	Choice of Cereal Biscuit & Sausage Gravy Fruit/Fruit Juice Milk	Choice of Cereal 12 Eggstravaganza Fruit/Fruit Juice Milk	Choice of Cereal 13 French Twist Doughnuts Fruit/Fruit Juice Milk
16 <u>Not in Attendance</u> In Observance of Martin Luther King, Jr. Day	Choice of Cereal Mel-o-Cream Doughnuts Fruit/Fruit Juice Milk	Choice of Cereal Biscuit & Sausage Gravy Fruit/Fruit Juice Milk	Choice of Cereal Sausage Biscuit w/ Cheese Fruit/Fruit Juice Milk	Breakfast Buffet 20 Manager's Choice Fruit/Fruit Juice Milk
Choice of Cereal Mini Pancakes w/Syrup Fruit/Fruit Juice Milk	Choice of Cereal 24 Cinnamon Rolls Fruit/Fruit Juice Milk	Choice of Cereal Biscuit & Sausage Gravy Fruit/Fruit Juice Milk	Choice of Cereal Cinnamon Glazed Toast Fruit/Fruit Juice Milk	Choice of Cereal 27 Poptarts Fruit/Fruit Juice Milk
Choice of Cereal 30 French Toast Sticks Fruit/Fruit Juice Milk	Choice of Cereal 31 Mel-O-Cream Doughnuts Fruit/Fruit Juice Milk			