

# January 2018

Hillsboro CUSD #3

**BREAKFAST**

We have the right to substitute items without notice.

Breakfast - \$1.50, Reduced \$.30

Lunch - \$2.65, Reduced \$.40

*This menu may contain peanuts or nut products*



**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.



## Monday

Not in Attendance

Due to  
Christmas Break

1

## Tuesday

Not in Attendance

Due to  
Christmas Break

2

## Wednesday

Not in Attendance

Due to  
Teacher's Institute

3

## Thursday

Choice of Cereal  
Frudels  
Fruit/Fruit Juice  
Milk

4

## Friday

Breakfast Buffet  
Manager's Choice  
Fruit/Fruit Juice  
Milk

5

Choice of Cereal  
Cheese Omelet  
Fruit/Fruit Juice  
Milk

8

Choice of Cereal  
Breakfast Pizza  
Fruit/Fruit Juice  
Milk

9

Choice of Cereal  
Biscuit & Sausage Gravy  
Fruit/Fruit Juice  
Milk

10

Choice of Cereal  
Eggs w/Ham n Cheese  
Fruit/Fruit Juice  
Milk

11

Choice of Cereal  
French Twist Doughnuts  
Fruit/Fruit Juice  
Milk

12

Not in Attendance

In Observance of  
Martin Luther King, Jr. Day

15

Choice of Cereal  
Mel-o-Cream Doughnuts  
Fruit/Fruit Juice  
Milk

16

Choice of Cereal  
Biscuit & Sausage Gravy  
Fruit/Fruit Juice  
Milk

17

Choice of Cereal  
Sausage Biscuit w/ Cheese  
Fruit/Fruit Juice  
Milk

18

Breakfast Buffet  
Manager's Choice  
Fruit/Fruit Juice  
Milk

19

Choice of Cereal  
Mini Pancakes w/Syrup  
Fruit/Fruit Juice  
Milk

22

Choice of Cereal  
Cinnamon Rolls  
Fruit/Fruit Juice  
Milk

23

Choice of Cereal  
Biscuit & Sausage Gravy  
Fruit/Fruit Juice  
Milk

24

Choice of Cereal  
Cinnamon Glazed Toast  
Fruit/Fruit Juice  
Milk

25

Choice of Cereal  
Poptarts  
Fruit/Fruit Juice  
Milk

26

Choice of Cereal  
French Toast Sticks  
Fruit/Fruit Juice  
Milk

29

Choice of Cereal  
Breakfast Sausage Bites  
Fruit/Fruit Juice  
Milk

30

Choice of Cereal  
Biscuit & Sausage Gravy  
Fruit/Fruit Juice  
Milk

31

