



# January 2018

## Main Course Breakfast & Lunch

### Baytown, Cedar Bayou & Horace Mann Junior Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>08 BREAKFAST:</b> Chocolate Chip Muffin Strawberry Banana Yogurt Fruit, Juice, Milk <b>LUNCH:</b> Spaghetti w/Meatballs Kickin' Pinto Taco Salad</p>	<p><b>09 BREAKFAST:</b> Strawberry Pop Tart String Cheese Fruit, Juice, Milk <b>LUNCH:</b> Fish Sticks w/Mac &amp; Cheese Turkey Chef Salad</p>	<p><b>10 BREAKFAST:</b> Turkey Sausage Sandwich Fruit, Juice, Milk <b>LUNCH:</b> Chicken Ranch Flatbread Beef Nacho Salad</p>	<p><b>11 BREAKFAST:</b> Cereal Bar Animal Crackers Fruit, Juice, Milk <b>LUNCH:</b> Mexican Tortilla Bowl Popcorn Chicken Salad</p>	<p><b>12 BREAKFAST:</b> Sausage Breakfast Pizza Fruit, Juice, Milk <b>LUNCH:</b> Chicken Fried Rice &amp; Egg Roll Tuna Salad Platter</p>
<p><b>15 SCHOOL HOLIDAY</b> <b>Martin Luther King Jr.</b></p> 	<p><b>16 BREAKFAST:</b> Country Chicken Biscuit Fruit, Juice, Milk <b>LUNCH:</b> Rotini w/Italian Meat Sauce Chicken Caesar Salad</p>	<p><b>17 BREAKFAST:</b> Blueberry Muffin Strawberry/Banana Yogurt Fruit, Juice, Milk <b>LUNCH:</b> Broccoli &amp; Cheese Baker Ham &amp; Turkey Chef Salad</p>	<p><b>18 BREAKFAST:</b> Glazed Donut Fruit, Juice, Milk <b>LUNCH:</b> Sausage, Red Beans, Rice Egg Chef Salad</p>	<p><b>19 BREAKFAST:</b> Sausage Breakfast Pizza Fruit, Juice, Milk <b>LUNCH:</b> Popcorn Chicken w/Garlic Chili Sauce &amp; Rice Beef Taco Salad</p>
<p><b>22 BREAKFAST:</b> Bosco Stick w/cheese, egg, turkey bacon Fruit, Juice, Milk <b>LUNCH:</b> N'awlins Chicken Wrap Lil' Italy Chicken Bowl Turkey Chef Salad</p>	<p><b>23 DISCOVERY DAY</b> <b>BREAKFAST:</b> Glazed Cinnamon Roll Fruit, Juice, Milk <b>LUNCH:</b> N'awlins Chicken Wrap Lil' Italy Chicken Bowl Tuna Salad Platter</p>	<p><b>24 BREAKFAST:</b> Cereal Bar String Cheese Fruit, Juice, Milk <b>LUNCH:</b> N'awlins Chicken Wrap Lil' Italy Chicken Bowl All-American Cobb Salad</p>	<p><b>25 BREAKFAST:</b> Morning Sausage Roll Fruit, Juice, Milk <b>LUNCH:</b> N'awlins Chicken Wrap Lil' Italy Chicken Bowl Ranch Chicken Salad</p>	<p><b>26 BREAKFAST:</b> Chocolate Chip Muffin Strawberry Banana Yogurt Fruit, Juice, Milk <b>LUNCH:</b> N'awlins Chicken Wrap Lil' Italy Chicken Bowl Greek Salad</p>
<p><b>29 BREAKFAST:</b> Country Chicken Biscuit Fruit, Juice, Milk <b>LUNCH:</b> Spicy Beef Nachos Chicken Chef Salad</p>	<p><b>30 BREAKFAST:</b> Cereal Bar Animal Crackers Fruit, Juice, Milk <b>LUNCH:</b> Chicken Nachos w/Scoops Ranch Popcorn Chicken Salad</p>	<p><b>31 BREAKFAST:</b> Cheese, Egg &amp; Turkey Bacon-filled Bosco Stick Fruit, Juice, Milk <b>LUNCH:</b> Tater Bite Beef Nachos w/Tortilla Chips Tossed Salad with Cheese</p>	<p><b>Super Bowl Week is</b></p> <p><b>NACHO TIME!</b></p> <p><b>Jan. 29-Feb. 2</b></p> <p><b>at the Main Course</b></p>	

## Bonus!

Check out the other choices we offer!

(Not available every day.)



Pizza



Burgers



Tacos & Tortillas

Salads



Deli Sandwiches



New recipes this month!

January 22-26

**N'awlins Spicy Wrap**

with Popcorn Chicken



**Lil' Italy Chicken Bowl**

With creamy rice and Marinara Sauce



We offer a variety of fruit and vegetable sides so students can choose their own healthy favorites.

Daily Beverage choices include white and chocolate skim milk and assorted juices. (Soy milk is available for lactose-intolerant students.)

	Breakfast	Lunch
Student Full Price	FREE	\$2.10
Reduced Price	FREE	\$0.40
Adult Price	\$2.30	\$2.85

Menus are subject to change without notice due to circumstances beyond our control. The most current menu is always posted at [www.gccisd.net](http://www.gccisd.net)

Children may be eligible for free or reduced meals depending upon family size and income standards. Find out by visiting Nutrition Services at [www.gccisd.net](http://www.gccisd.net) OR visit us at 2200 Market St., Baytown OR call 281-420-4640. All menus conform to TDA and USDA standards that regulate the nutritional analysis of these servings. Nutritional analysis are calculated on a week-to-week basis. The GCCISD Child Nutrition Department is committed to helping promote the well-being of students today and tomorrow. USDA is an equal opportunity provider and employer.

