



# JANUARY 2024

1 	2 Cereal, Toast Fruit/Milk/Juice ***** Cheeseburger/ Hamburger Fries Celery Tomatoes Fruit	3 Sausage/Egg/Cheese Cougar Muffin Fruit/Milk/Juice ***** Grilled cheese Chicken noodle soup Hawaiian roll Cucumber Fruit	4 Cereal, Pastry Fruit/Milk/Juice ***** Beef nachos Beans Peppers Rice Fruit	5 Cereal, Pastry Fruit/Milk/Juice ***** Chicken nuggets Tots Carrots Broccoli Fruit
8 Cereal, Pastry Fruit/Milk/Juice ***** Mac & cheese Roll Carrots Green beans Fruit	9 Cereal, Toast Fruit/Milk/Juice ***** Chicken tacos Beans Salad Tomatoes Fruit	10 Cereal, Toast Fruit/Milk/Juice ***** New Year Holiday Meal Roast turkey Mashed potatoes with gravy Steamed carrots Chocolate pudding	11 Cereal, Toast Fruit/Milk/Juice ***** Breakfast for lunch (Egg-meat- cheese) Cougar muffin Hashbrowns Celery Cucumber Fruit	12 Cereal, Toast Fruit/Milk/Juice ***** Uncrustable Chips Cheese stick Celery Sidekick
15 	16 Cereal, Toast Fruit/Milk/Juice ***** Pasta chicken Alfredo Breadstick Peas, Corn Fruit	17 Sausage/Egg/Cheese Cougar Muffin Fruit/Milk/Juice ***** Pepperoni/Cheese Pizza Salad Tomato, Cucumber Fruit	18 Cereal, Toast Fruit/Milk/Juice ***** Chicken tenders Tots Carrots Cucumber Fruit	19 Cereal, Toast Fruit/Milk/Juice ***** Hot dog Fries Beans Peppers Fruit
22 Cereal, Toast Fruit/Milk/Juice ***** Chicken on a bun Salad Tomatoes Pickles Fruit	23 Cereal, Toast Fruit/Milk/Juice ***** Teriyaki chicken Fried rice Peppers Fruit	24 Sausage/Egg/Cheese Cougar Muffin Fruit/Milk/Juice ***** Meatball hero Fries Carrots, Celery Fruit	25 Cereal, Toast Fruit/Milk/Juice ***** Pizza-dilla (pizza quesadilla) Salad, Tomatoes Beans Fruit	26 Cereal, Toast Fruit/Milk/Juice ***** Corn dog Tots Cucumber Tomato Fruit
29 Cereal, Toast Fruit/Milk/Juice ***** Beef chili Hawaiian roll Salad Tomatoes Fruit	30 Cereal, Toast Fruit/Milk/Juice ***** Veggie lasagna with sauce Breadstick Green beans Fruit	31 Sausage/Egg/Cheese Cougar Muffin Fruit/Milk/Juice ***** Pepperoni/Cheese Pizza Salad, Tomato Cucumber Fruit		

Program benefits and services are available to all children without regard to race, color, sex, handicap, or national origin.

**\*\*Our menu follows USDA Guidelines\*\***

Breakfast: \$1.85 (Includes Juice & Milk)

Lunch: (Includes milk) Grades K-5: \$3.00 Grades 6-8: \$3.25 Milk/Chocolate Milk 50¢

***Any and all inquiries on menu ideas/items can be emailed to [pseaman@conway.k12.wa.us](mailto:pseaman@conway.k12.wa.us)***

*Menu subject to change without notice due to inventory/delivery issues*