

JANUARY 2009 BREAKFAST MENU

Enjoy a complete breakfast for only \$1.25

GARLAND INDEPENDENT SCHOOL DISTRICT

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
WINTER BREAK				
5	6	7	8	9
Student Holiday	Pancakes (2) w/Syrup Or Cereal & Pancake (1) Chilled Fruit or Juice Choice of Milk	Breakfast on a Bun Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Cinnamon Roll & Sausage Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Hot Oatmeal (8oz) Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
12	13	14	15	16
French Toast Sticks Or Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk	Breakfast Pizza Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Cheddar Cheese Omelet & Toast Or Cereal & Toast (1) Chilled Fruit Or Juice Choice of Milk	Blueberry Muffin Or Breakfast Pizza Bites Chilled Fruit or Juice Choice of Milk	Hot Oatmeal (8oz) Or Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
19	20	21	22	23
M.L.King Jr. Day	Sausage Biscuit & Cereal & Biscuit (1) Chilled Fruit or Juice Choice of Milk	Scrambled Eggs w/ Cheese & Toast Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Sausage Roll Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Cinnamon Toast Swirl Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
26	27	28	29	30
Pancakes (2) w/Syrup Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Sausage Biscuit & Cereal & Biscuit (1) Chilled Fruit or Juice Choice of Milk	Cheddar Cheese Omelet & Toast Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Sausage Roll Or Cereal & Toast (1) Chilled Fruit or Juice Choice of Milk	Hot Oatmeal (8oz) Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk

JANUARY 2009 KINDERGARTEN & FIRST GRADE LUNCH MENU

Elementary Plate Lunch \$2.25

GARLAND INDEPENDENT SCHOOL DISTRICT

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
WINTER BREAK				
Student Holiday	Cheese Pizza Peas & Carrots Mandarin Oranges Choice of Milk	Fried Chicken Mashed Potatoes/Gravy Green Beans in Cheesy Sauce Choice of Milk Assorted Homemade Bread	Chili w/Beans Celery Sticks Corn on the Cob Choice of Milk Crackers	Cheeseburger French Fries Fresh Fruit Choice of Milk
Grilled Cheese Sandwich Whole Kernel Corn Pineapple Chunks Choice of Milk	Corn Dog Steamed Carrots Fruit Cup Choice of Milk	Steak Fingers Mashed Potatoes/Gravy Seasoned Green Beans Choice of Milk Assorted Homemade Bread	Taco Roll Pinto Beans Veggie Sticks w/Creamy Dip Choice of Milk	Fish on a Bun French Fries Fresh Fruit Choice of Milk
M.L.King Jr. Day	Spaghetti w/Meat Sauce Seasoned New Potatoes Sliced Peaches Choice of Milk	Chicken Nuggets Potatoes Au Gratin Steamed English Peas Choice of Milk Assorted Homemade Bread	Gordita Mexican Corn Fruit Cup Choice of Milk	Cheeseburger French Fries Fresh Fruit Choice of Milk
Hot Dog w/ Chili Baked Beans Chilled Applesauce Choice of Milk	Macaroni & Cheese Steamed Broccoli Black-eyed Peas Choice of Milk	Fried Chicken Potatoes Au Gratin Green Beans Choice of Milk Assorted Homemade Bread	Nachos Grande Pinto Beans Fruit Cup Choice of Milk	Hamburger French Fries Fresh Fruit Choice of Milk

JANUARY 2009 LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Elementary Plate Lunch \$2.25

Secondary Plate Lunch \$2.35

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
WINTER BREAK				
5	6	7	8	9
Student Holiday	<p>Choice of Entrée: Cheese Pizza Taco Salad</p> <p>Choice of 2 Side Dishes: Peas & Carrots Squash Casserole Mandarin Oranges Seasoned Green Beans</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Fried Chicken Beef Tips & Rice</p> <p>Choice of 2 Side Dishes: Mashed Potatoes/Gravy Green Beans in Cheesy Sauce Black-eyed Peas Peach Cobbler</p> <p>Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: Chili w/Beans Chicken Quesadilla</p> <p>Choice of 2 Side Dishes: Celery Sticks Corn on Cob Mixed Vegetables Fruit w/Gelatin</p> <p>Choice of Milk Crackers/Spanish Rice</p>	<p>Choice of Entrée: Cheeseburger Grilled Chicken Sandwich</p> <p>Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit</p> <p>Choice of Milk</p>
12	13	14	15	16
<p>Choice of Entrée: Pepperoni Pizza Grilled Cheese Sandwich</p> <p>Choice of 2 Side Dishes: Whole Kernel Corn Steamed Broccoli Tossed Salad Pineapple Chunks</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Lasagna Corn Dog</p> <p>Choice of 2 Side Dishes: Steamed Carrots Baked Apples Fresh Green Salad Fruit Cup</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Steak Fingers Beef Stew</p> <p>Choice of 2 Side Dishes: Mashed Potatoes/Gravy Seasoned Green Beans Sliced Peaches Garden Salad</p> <p>Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: Taco Roll Chicken Fajitas</p> <p>Choice of 2 Side Dishes: Pinto Beans Southwest Cole Slaw Veggie Sticks w/Creamy Dip Fruit w/Gelatin</p> <p>Choice of Milk Spanish Rice</p>	<p>Choice of Entrée: Hamburger Fish on a Bun</p> <p>Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit</p> <p>Choice of Milk</p>
19	20	21	22	23
M.L.King Jr. Day	<p>Choice of Entrée: Spaghetti w/Meat Sauce Grilled Chicken w/BBQ Sauce</p> <p>Choice of 2 Side Dishes: Sugar Snap Peas Whole Kernel Corn Seasoned New Potatoes Carrot-Raisin Salad</p> <p>Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: Chicken Nuggets Turkey Pot Pie</p> <p>Choice of 2 Side Dishes: Potatoes Au Gratin California Blend Vegetables Steamed English Peas Peach Cobbler</p> <p>Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: Burrito w/Chili Gordita</p> <p>Choice of 2 Side Dishes: Mexican Corn Spanish Squash Cole Slaw Fruit Cup</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Cheeseburger Breaded Chicken on Bun</p> <p>Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit</p> <p>Choice of Milk</p>
26	27	28	29	30
<p>Choice of Entrée: Cheese Pizza Hot Dog w/Chili</p> <p>Choice of 2 Side Dishes: Baked Beans Garden Salad Fruit w/Gelatin Chilled Applesauce</p> <p>Choice of Milk</p>	<p>Choice of Entrée: Salisbury Steak Macaroni & Cheese</p> <p>Choice of 2 Side Dishes: Black-eyed Peas Steamed Broccoli Carrot & Celery Sticks Mandarin Oranges</p> <p>Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: Fried Chicken Tuna Salad</p> <p>Choice of 2 Side Dishes: Green Beans Squash Casserole Potatoes Au Gratin Sliced Peaches</p> <p>Choice of Milk Assorted Bread/Crackers</p>	<p>Choice of Entrée: Nachos Grande Mexican Cheese Steak</p> <p>Choice of 2 Side Dishes: Pinto Beans Steamed New Potatoes Vegetable Salad Fruit Cup</p> <p>Choice of Milk Assorted Bread/Spanish Rice</p>	<p>Choice of Entrée: Hamburger Grilled Chicken Sandwich</p> <p>Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit</p> <p>Choice of Milk</p>