





January 2017



Waterloo Jr. High School Home of the Bulldogs

	Mon	Tue	Wed	Thu	Fri
2		3 Bosco Stix or Turkey Wrap Apple Slices and Corn BREAKFAST: Sausage and Egg Biscuit with Fruit	4 Chix Alfredo or Cheese Pizza Green Beans and Applesauce BREAKFAST: Bagels and Cream Cheese with Fruit	5 Turkey Deli or Taco Salad Refried Beans and Grapes BREAKFAST: Cinnamon Rolls with Fruit	6 Spaghetti with Meatsauce and Breadstix or Chix O's Pasta House Salad and Mixed Fruit BREAKFAST: Pancakes with Fruit
	9 Sloppy Joe or Chicken Nuggets Tater Tots and Fresh Apples BREAKFAST: Donut with Fruit or Nature Valley Smores Granola Bar	10 Toasted Ravioli or Ham and Cheese on Bun Oranges and Steamed Carrots BREAKFAST: Scrambled Eggs with Toast and Sausage	11 Texas Chili w/ 1/2 Peanutbutter Sand. Or Pepperoni Pizza Celery w/ Peanutbutter and Grapes BREAKFAST: Breakfast Muffin with Fresh	12 Soft Tacos or Turkey Deli Pears and Refried Beans BREAKFAST: Breakfast on a Stix with Fruit	13 1/2 DAY SCHOOL 
16		17 Delux Hamburger or Chix Patty on Bun Oven Fries and Mixed Fruit BREAKFAST: Donut with Fruit or Nature Valley Granola Bar	18 Salisbury Steak Dinner or Cheese Pizza Green Beans and Peaches BREAKFAST: Bagels with Cream Cheese with Fruit	19 Macho Nacho or Turkey Deli Pears and Refried Beans BREAKFAST: Mini Cinnis with Fruit	20 Spaghetti w/ Meatsauce or Chix Strips Garden Salad & Pineapple BREAKFAST: Waffle Stix and Fruit
	23 Popcorn Chix or Beef & Bean Burrito Sweet Potato Fries & Fresh Apple BREAKFAST: Donut w/Fruit or Nature Valley Granola Bar	24 Chix Fajita or Hot Ham and Cheese Melt on Pretzel Bun Oranges and Green Beans BREAKFAST: Scrambled Eggs with Toast and Sausage	25 Chix Noodle Soup w/ Grilled Cheese or French Bread Pizza Corn and Grapes BREAKFAST: Bagel with Cream Cheese and Fresh Fruit	26 Taco Salad or Turkey Deli Pears and Refried Beans BREAKFAST: Breakfast on a Stix with Fruit	27 Hotdog on Bun or Fish Sandwich Garden Salad and Strawberries BREAKFAST: Pancakes with Fresh Fruit
	30 Beef Sliders or Mini Corn Dogs Apple Slices and Carrots w/ Ranch BREAKFAST: Apple Bosco Stix or Yogurt with Fruit	31 Bosco Stix or Turkey Wrap Celery w/ Ranch and Orange Smiles BREAKFAST: Sausage and Egg Biscuit with Fresh Fruit		Fresh Salad Bar offered at Lunch each day. Low Fat/ Fat Free Milk and 100% Fruit Juice offered at each meal. FOODSERVICE HOMEPAGE: www.wcusd5.net/food-services.html	