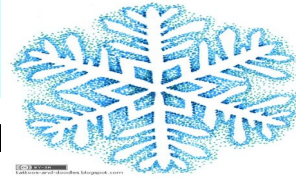
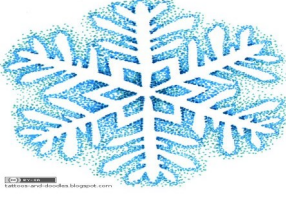



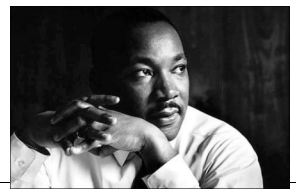


Waterloo Jr. High School Home of the Bulldogs

January 2019



Mon	Tue	Wed	Thu	Fri
	1 HAPPY NEW YEAR 	2 NO SCHOOL 	3 Taco Salad Turkey Deli w/sunchips Refried Beans and applesauce BREAKFAST: Donuts with Fruit	4 Spaghetti w/ Meatballs & Breadsticks or Stuffed Crust Pizza Garden Salad & Peaches BREAKFAST: Pancakes w/Fruit
7 Cheeseburger or Mini Corn Dogs Apple Slices and Baked beans BREAKFAST: Breakfast Pizza with Fruit	8 Bosco Stix w/ Meat Sauce or Turkey Wrap Oranges and Green Beans BREAKFAST: Hot Ham and Cheese with Fruit	9 Chili w/1/2 Peanut butter sandwich or Cheese Pizza Corn and Banana BREAKFAST: Bagel w/ Cream Cheese and Fruit	10 PIZZA HUT CHEESE/ PEPPERONI PIZZA or Soft tacos Carrots w/Ranch and Strawberries BREAKFAST: Mini Cinni's w/ Fruit	11 Rotini w/Meat Sauce & Bread Stick or Fish Sandwich & Pasta House Salad & Peaches BRKFAST: French Toast with Fruit
14 Gourmet Burger or Chicken Strips Fries and Fresh Apples BREAKFAST: Donut with Fruit	15 Chic Fajita or Hot Ham and cheese on pretzel bun Carrots w/ranch BREAKFAST: Biscuits & Gravy with Fruit	16 Salisbury Steak Dinner Or Pepperoni Pizza Green Beans and Grapes BREAKFAST: Breakfast Muffins w/ Fruit	17 Macho Nacho or Turkey Deli Pears and Refried Beans BREAKFAST: Funnel Cake with Fruit	18 1/2 DAY SCHOOL Breakfast: Mini Donuts & Fruit Cup 
21 MLK JR. DAY 	22 Chicken Patty or Hamb on bun Sweet Potato Fries and Mixed Fruit BREAKFAST: Apple Frudel with Fruit	23 BBQ Pulled Pork or French Bread Pizza Tator Tots and Pineapple BREAKFAST: Bagels/w cream Cheese with Fruit	24 Walking Taco or Turkey Deli Refried Beans and Strawberries BREAKFAST: Breakfast on a stick with Fruit	25 Spaghetti w/ Meat sauce & Breadsticks or Pizza Hut Pizza Garden Salad & Peaches BRKFAST: Waffles w/Fruit Winter Treat
28 Burritos or Popcorn chicken Corn and Fresh Apples BREAKFAST Apple Bosco with Fruit	29 Toasted Ravioli or Ham and cheese deli Oranges and Steamed Carrots BREAKFAST: Sausage Egg Biscuit with Fruit	30 Chicken Alfredo Or Pepperoni Pizza Green Beans and Grapes BREAKFAST: Breakfast Muffins w/ Fruit	31 Soft Taco or Turkey Deli refried beans and Strawberries BREAKFAST: Cinnamon Rolls with Fruit	