GEAR/AC January Menu This institution is an equal opportunity provider. Menus are subject to change due to product availability. Choice of milk served daily with all meals. COMBOS OFFERED DAILY: Chef Salad, Ham & Cheese Sub, Yogurt, PB&J

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
		Breakfast Steak Bscuit	Breakfast Brownie & Cheese Sticks	Breakfast Chicken Biscuit
		OR WG Cereal	OR WG Cereal	OR WG Cereal
		Fruit	Fruit	Fruit
		Fruit Juice	Fruit Juice	Fruit Juice
		Lunch	Lunch Asian Chicken	Lunch Chili w/Grill
		Pizza	w/Steamed Rice	Cheese Sandwich
		Baked Beans	Sweet Potato Fries	Oven Fried Okra
		Veggie Sidekick Fruit	Broccoli Fruit	Potato Smiles Fruit
8	9	10	11	12
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Honey Buns	Pancake Bites	Steak Biscuit	Chicken & Waffels	Sausage Biscuit
OR WG Cereal	OR WG Cereal	OR WG Cereal	OR WG Cereal	OR WG Cereal
Fruit	Fruit	Fruit	Fruit	Fruit
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Lunch	Lunch	Lunch	Lunch	Lunch
Corndog	Cheeseburger	Pizza	Teriyaki Chicken	Steak Tenders
Oven Fries	Lettuce/Tomato/Pickle	Baked Beans	w/Fried Rice	w/Breadstick
Green Beans Fruit	Corn	Side Salad Fruit	Broccoli	Wedges Oven Fried Okra
Fruit	Fruit	Fruit	Dragon Punch Fruit	Fruit
15	16	17	18	19
	Breakfast	Breakfast	Breakfast	Breakfast
	Pancake Pup OR	Steak Biscuit OR	Brownie & Cheese Sticks OR	Chicken Biscuit OR
	WG Cereal	WG Cereal	WG Cereal	WG Cereal
	Fruit	Fruit	Fruit	Fruit
Marcha Ladhar Rhan In	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Martin Luther King Jr. Holiday	Lumah	Lunch	Lunah	Lumah
Holiday	Lunch Tacos	Grill Chicken Sandwich	Lunch Chicken Bacon Ranch	Lunch Hot Dog
	Shredded Side Salad	Tator Wedges	Cheesy Fries	Carrots w/Ranch
	Black Beans	Steamed Broccoli	Sunbelievable Sidekicks	Green Beans
	Fruit	Fruit	Fruit	Fruit
22		24	25	26
	23	24		
Breakfast	23 Breakfast	Breakfast	Breakfast	Breakfast
	-	Breakfast Steak Biscuit	Breakfast Chicken & Waffles	Breakfast Sausage Biscuit
Breakfast Pull apart Donuts OR	Breakfast Pancake Bites OR	Breakfast Steak Biscuit OR	Chicken & Waffles OR	Sausage Biscuit OR
Breakfast Pull apart Donuts OR WG Cereal	Breakfast Pancake Bites OR WG Cereal	Breakfast Steak Biscuit OR WG Cereal	Chicken & Waffles OR WG Cereal	Sausage Biscuit OR WG Cereal
Breakfast Pull apart Donuts OR	Breakfast Pancake Bites OR	Breakfast Steak Biscuit OR	Chicken & Waffles OR	Sausage Biscuit OR
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice	Chicken & Waffles OR WG Cereal Fruit Fruit Juice	Sausage Biscuit OR WG Cereal Fruit Fruit Juice
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Com	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings w/Rolls Potato Wedges Oven Fried Okra
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Corn Side Salad Fruit	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings w/Rolls Potato Wedges Oven Fried Okra Fruit
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Corn Side Salad Fruit	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings w/Rolls Potato Wedges Oven Fried Okra Fruit
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Corn Side Salad Fruit 31 Breakfast Steak Bscuit	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings w/Rolls Potato Wedges Oven Fried Okra Fruit
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit Breakfast ench Toast Sticks w/Syrup Sausage Links	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Com Side Salad Fruit Breakfast Steak Bscuit OR	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit 1 Breakfast Brownie & Cheese Sticks OR	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings W/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit 29 Breakfast ench Toast Sticks w/Syrup Sausage Links OR	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Corn Side Salad Fruit Breakfast Steak Bscuit OR WG Cereal	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit 1 Breakfast Brownie & Cheese Sticks OR WG Cereal	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings W/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit Breakfast ench Toast Sticks w/Syrup Sausage Links	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal Fruit	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Com Side Salad Fruit Breakfast Steak Bscuit OR	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit 1 Breakfast Brownie & Cheese Sticks OR WG Cereal Fruit	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings w/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal Fruit
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit 29 Breakfast ench Toast Sticks w/Syrup Sausage Links OR WG Cereal	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Com Side Salad Fruit Breakfast Steak Bscuit OR WG Cereal Fruit Fruit Juice	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit 1 Breakfast Brownie & Cheese Sticks OR WG Cereal	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings w/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit 29 Breakfast ench Toast Sticks w/Syrup Sausage Links OR WG Cereal Fruit Fruit Juice	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal Fruit Fruit Juice Lunch	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Corn Side Salad Fruit Breakfast Steak Bscuit OR WG Cereal Fruit Fruit Juice	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit 1 Breakfast Brownie & Cheese Sticks OR WG Cereal Fruit Fruit Juice Lunch	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings W/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal Fruit Fruit Juice Lunch
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit 29 Breakfast ench Toast Sticks w/Syrup Sausage Links OR WG Cereal Fruit Fruit Juice Lunch	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal Fruit Fruit Juice Lunch Tacos	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Com Side Salad Fruit Breakfast Steak Bscuit OR WG Cereal Fruit Fruit Juice	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit 1 Breakfast Brownie & Cheese Sticks OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings w/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal Fruit Fruit Juice Lunch Chili w/ Grilled
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit Breakfast ench Toast Sticks w/Syrup Sausage Links OR WG Cereal Fruit Fruit Juice Lunch Pizza	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal Fruit Fruit Juice Lunch Tacos Shredded Side Salad	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Corn Side Salad Fruit Breakfast Steak Bscuit OR WG Cereal Fruit Fruit Juice	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit Breakfast Brownie & Cheese Sticks OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken w/Veggie Rice	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings W/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal Fruit Fruit Juice Lunch Chilli w/ Grilled Cheese Sandwich
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit 29 Breakfast ench Toast Sticks w/Syrup Sausage Links OR WG Cereal Fruit Fruit Juice Lunch Pizza Green Beans	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal Fruit Fruit Juice Lunch Tacos Shredded Side Salad Black Beans	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Com Side Salad Fruit Breakfast Steak Bscuit OR WG Cereal Fruit Fruit Juice	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit 1 Breakfast Brownie & Cheese Sticks OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings W/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal Fruit Fruit Juice Lunch Chili w/ Grilled Cheese Sandwich Baked Potato
Breakfast Pull apart Donuts OR WG Cereal Fruit Fruit Juice Lunch Hot Dog Potato Tots Green BeansFruit 29 Breakfast ench Toast Sticks w/Syrup Sausage Links OR WG Cereal Fruit Fruit Juice Lunch Pizza	Breakfast Pancake Bites OR WG Cereal Fruit Fruit Juice Lunch Nachos Salsa/Lettuce/Tomatos Roasted Jalapeno Corn Fruit 30 Breakfast Pancake Pup OR WG Cereal Fruit Fruit Juice Lunch Tacos Shredded Side Salad	Breakfast Steak Biscuit OR WG Cereal Fruit Fruit Juice Lunch Pizza Com Side Salad Fruit Breakfast Steak Bscuit OR WG Cereal Fruit Fruit Juice	Chicken & Waffles OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken W/Steamed Rice Steamed Broccoli Veggie Sidekick Fruit Breakfast Brownie & Cheese Sticks OR WG Cereal Fruit Fruit Juice Lunch Asian Chicken w/Veggie Rice Sweet Potato Fries	Sausage Biscuit OR WG Cereal Fruit Fruit Juice Lunch Boneless Buffalo Wings W/Rolls Potato Wedges Oven Fried Okra Fruit 2 Breakfast Chicken Biscuit OR WG Cereal Fruit Fruit Juice Lunch Chilli w/ Grilled Cheese Sandwich