



**Trousdale County Schools Cafeterias
Elementary, J.B. Satterfield Middle, High**

January 2017

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
** Fruit or Fruit Juice <u>MUST be taken</u> with each breakfast meal **				
ES: Sausage Slider Or Cereal Bar MS/HS: Cinnamon Roll/Donut Or Yogurt Parfait	ES: Donuts or Yogurt/Muffin MS/HS: Breakfast Pizza	ES: Pancake or Cereal MS/HS: Chicken Biscuit Or Yogurt Parfait	ES: Breakfast Pizza or Breakfast Cookie MS/HS: Pancake Wraps	ES: Cream Cheese Bagel or Cinnamon Roll MS/HS: Sausage & Egg biscuit Or Yogurt Parfait

At MS/HS: Daily you may choose 2 of the following instead of the above items: Cereal, Yogurt, Granola, Graham Cracker, Muffin, Poptart

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>No School</i>	3 <i>No School</i>	4 Dessert <u>Pizza Day</u> W.K. Corn Garden Salad	5 <u>Cheeseburger;</u> <u>BBQ Sandwich</u> Trimminings Crinkle Cut Fries Baked Beans	6 <u>Quesadilla;</u> <u>Beef Burrito</u> Red Beans & Rice Salsa Cup Tomato Pepper Cup
9 <u>Beef Steak n' Gravy;</u> <u>Grilled Chicken</u> Roll Peas & Carrots Creamed Potatoes	10 <u>Pork Riblet or Meatball Sub</u> Redskin Potato Wedge Pinto Beans	11 <u>Spaghetti;</u> <u>Mozzarella Sticks</u> Garlic Bread Spinach Salad CA Blend Veggies	12 <u>Nachos;</u> <u>Mini Chicken Taco</u> Fresh Carrots Corn on the Cob Trimminings	13 <u>Ham or Turkey w/Cheese Hoagie</u> Chips Trimminings Broccoli Salad V8/V-Blend Drink
16 No School MLK, Jr. Day	17 Dessert <u>Pizza Day</u> Marinara Cup W. K. Corn Garden Salad	18 <u>Country Fried Steak & Gravy;</u> <u>Roasted Pork w/gravy</u> - Roll Green Beans Mashed Potatoes	19 <u>Taco Salad;</u> <u>Cheese Burrito</u> Fiesta Black Bean Corn on the Cob Spanish Rice	20 <u>Calzone ;</u> <u>CA Dreamin</u> <u>Chicken</u> Guacamole or Lettuce cup Smiley Fries Antigua Blend Veg
23 <u>Chili Mac;</u> <u>Chicken Alfredo</u> Breadstick Steamed Broccoli Scalloped Potato	24 <u>Turkey Burrito Bowl;</u> <u>Mozzarella Sticks</u> Black Bean Salsa Fresh Carrot Sticks	25 <u>Fish Wedge;</u> <u>Lasagna</u> Garlic Bread Italian Vegetables Spinach Salad	26 <u>Beef & Bean Burrito ;</u> <u>Quesadilla</u> Red Beans & Rice Salsa Cup Mixed Vegetables	27 <u>BBQ Sandwich;</u> <u>Cheeseburger</u> Triangle Fries Coleslaw Trimminings
30 <u>Hot Dog;</u> <u>Popcorn Chicken</u> Curly Fries Cheese Broccoli	31 Dessert <u>Pizza Day</u> Garden Salad Deli Roaster Fries			

Variety of milk and fruit are served with breakfast and lunch daily.
Condiments and dressings will be offered depending on the day's menu.
Menus are subject to change...Check School Cafeteria for updates