



# JANUARY | 2021

## Garaway Middle & High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28 No School – Holiday Break	29 No School – Holiday Break	30 No School – Holiday Break	31 No School – Holiday Break	1 No School – Holiday Break
4 B: Oatmeal Breakfast Cookie, Applesauce, Fruit Juice & Milk  L: Cheese Pizza, Potato Salad, Baby Carrots, Peach Cup, Asst. Fresh Fruit & Choice of Milk	5 B: Pancake Wrap, Orange Slices, Fruit Juice & Choice of Milk  L: Macaroni & Cheese w/ Blueberry Muffin, Tossed Salad, Apple Slices, Asst. Fruit Cup & Choice of Milk	6 B: Froot Loops, Graham Crackers, Raisins, Fruit Juice and Choice of Milk  L: Toasted Cheese Sandwich, Fresh Broccoli w/ Ranch, Applesauce, Assorted Fresh Fruit and Choice of Milk	7 B: Egg & Bacon Pizza, Mixed Berry Cup, Fruit Juice & Choice of Milk  L: Chicken Patty Sandwich, Baby Carrots w/ Hummus, Pickle Spear, Grapes, Applesauce Cup & Choice of Milk	8 B: Cinni Minis, Apple Slices, Fruit Juice & Choice of Milk  L: Pepperoni Calzone, Tossed Salad, Assorted Fruit, Strawberry Cup and Choice of Milk
11 B: Sausage Biscuit Sandwich, Dried Cranberries, Fruit Juice & Choice of Milk  L: Apple Cinnamon Texas Toast & Sausage Links, Hash Brown Patties, Diced Peaches, Fruit Juice and Choice of Milk	12 B: Lucky Charms, Cheese Stick, Applesauce Cup, Fruit Juice & Choice of Milk  L: Cheeseburger on a Bun with Pickles, Carrot & Celery Sticks w/ Hummus, Mixed Berries, Asst. Fresh Fruit and Choice of Milk	13 B: Cherry Frudel, Fresh Fruit, Juice and Choice of Milk  L: Three Cheese Calzone, Trail Mix, Fresh Apple, Diced Pears and Choice of Milk	14 B: Strawberry Pancakes, Mixed Fruit Cup, Fruit Juice and Choice of Milk  L: Ham and Cheese Sandwich, Broccoli & Cauliflower Salad, Applesauce, Fresh Orange and Choice of Milk	15 B: Banana Bread, Strawberry Cup, Fruit Juice and Choice of Milk  L: Chicken Nuggets, Dinner Roll, Tossed Salad, Diced Pears, Fresh Apple and Choice of Milk
18 No School – Martin Luther King Day	19 B: Cinnamon Pop Tart, Graham Crackers, Raisins, Fruit Juice & Choice of Milk  L: BBQ Rib Sandwich, Bread and Butter Pickles, Baby Carrots, Fresh Fruit, Strawberry Cup & Choice of Milk	20 B: Uncrustable, Strawberry Craisins, Orange Juice & Choice of Milk  L: Cheese Stuffed Breadsticks w/ Marinara Sauce, Trail Mix, Mixed Fruit, Fresh Apple & Choice of Milk	21 B: Sausage Gravy & Biscuit, Fresh Fruit, Fruit Juice & Choice of Milk  L: Popcorn Chicken, Pasta Salad, Baby Carrots w/ Ranch Dressing, Strawberry Cup, Fresh Orange & Choice of Milk	22 B: Cocoa Cherry Bar, Yogurt Cup, Peach Cup, Orange Juice & Choice of Milk  L: Hotdog, Creamy Cole Slaw, Bread & Butter Pickles, Diced Pears, Fresh Grapes & Choice of Milk
25 B: Strawberry Smoothie, Granola Bar, Raisins and Choice of Milk  L: Chicken Quesadilla, Chips and Black Bean & Corn Salsa, Fruit Cup, Fresh Pear & Choice of Milk	26 B: Oatmeal Breakfast Cookie, Applesauce, Fruit Juice & Milk  L: Cheese Pizza, Potato Salad, Baby Carrots, Peach Cup, Asst. Fresh Fruit & Choice of Milk	27 B: Pancake Wrap, Orange Slices, Fruit Juice & Choice of Milk  L: Macaroni & Cheese w/ Blueberry Muffin, Tossed Salad, Apple Slices, Asst. Fruit Cup & Choice of Milk	28 B: Froot Loops, Graham Crackers, Raisins, Fruit Juice and Choice of Milk  L: Toasted Cheese Sandwich, Fresh Broccoli w/ Ranch, Applesauce, Assorted Fresh Fruit and Choice of Milk	29 B: Egg & Bacon Pizza, Mixed Berry Cup, Fruit Juice & Choice of Milk  L: Chicken Patty Sandwich, Baby Carrots w/ Hummus, Pickle Spear, Grapes, Applesauce Cup & Choice of Milk

### News

We can offer breakfast and lunch to every student **FREE** of charge this month due to COVID-19. Save some money on your grocery bill by eating at school. You can choose the lunch entrée as listed on the menu or choose to have a **Yogurt Meal** (4 ounce yogurt, granola, Goldfish crackers and mozzarella cheesestick) or an **Uncrustable Meal** (Smuckers Peanut Butter and Jelly Sandwich with Goldfish Crackers and a mozzarella cheesestick).  
Milk without a meal - \$0.50  
Entrée without a meal - \$2.00