



# Ilwaco High School MENU January

2019!

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Winter Break – No School 12/20-1/2		Whole Grain Pop Tart, Cereal	Waffles
	<i>Happy New Year</i>		<b>Orange Chicken, Rice, Oriental Veggies</b>	<b>Popcorn Chicken, Scalloped Potatoes, Corn</b>
7	8	9	10	11
Pancakes  <b>Chicken Alfredo with Pasta, Green Peas, Garlic Bread</b>	Cheese Omelet, Cereal  <b>Beef or Chicken Taco, Tater Tots</b>	French Toast  <b>Beef or Chicken Nachos, Green Salad, Refried Beans</b>	Breakfast Pizza  <b>Rice with Chicken Teriyaki, Oriental Veggies</b>	Assorted Cereal, Fruit  <b>Baked Chicken, Potato Salad, Green Beans</b>
14	15	16	17	18
Hash Brown, Sausage, Cereal  <b>Penne Noodles w/Meat Sauce, Green Peas, Garlic Bread</b>	Cinnamon Roll  <b>Philly Cheese Steak Sandwich, Fries</b>	Scrambled Eggs, Cereal, Sausage Patty  <b>Chicken Nachos, Green Salad, Refried Beans</b>	Breakfast Burrito  <b>Yakisoba Noodles, Tso Chicken, Oriental Veggies</b>	Ham, Egg & Cheese Sandwich  <b>Meatloaf, Mashed Potatoes, Gravy, Peas &amp; Carrots</b>
21	22	23	24	25
<b>Martin Luther King Junior Day  NO SCHOOL</b>	Pancakes, Strawberries  <b>Tacos, Brown Rice, Green Beans</b>	Breakfast Pizza  <b>Chicken or Beef Nachos, Green Salad, Refried Beans</b>	Oatmeal, Hard Boiled Eggs  <b>Teriyaki Chicken with Rice, Mixed Veggies</b>	Whole Grain Pop Tart, Cereal  <b>BBQ Beef Sandwich, Fries, Coleslaw</b>
28	29	30	31	
Breakfast Wraps, Cereal  <b>Chili Dog with Cheese &amp; Onion, Fries, Corn</b>	Cheese Omelet, Cereal  <b>Chicken Fajita, Brown Rice, Green Salad</b>	Oatmeal, Hard Boiled Eggs  <b>Beef or Chicken Nachos, Green Salad, Refried Beans</b>	Breakfast Pizza  <b>Chicken Teriyaki with Rice, Oriental Veggies</b>	

USDA is an Equal Opportunity Provider

**MENU SUBJECT TO CHANGE**

Salad bar available daily. Choice of non-fat chocolate or 1% white milk served with every meal. Parents may arrange to eat meals with your student by calling the school. Adult meals – \$4.75. The supper program is offered at Ocean Park Elementary, Long Beach Elementary and Ilwaco High School.