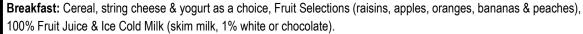
Hope Academy - January 2019

Meal Prices: Student Meals - No Charge, Adult Breakfast/Lunch \$2.50/\$4.00, Milk \$.50				
MONDAY	I TUESDAY I	[WEDNESDAY [I THURSDAY I	I FRIDAY I
7 Cereal Graham Crackers	8 Pancake Wrap	Chocolate Filled Crescent Roll	Beef Sausage Bagel w/ Cheese	Triple Berry French Toast
Grilled Cheese Ranch Potato Wedges Three Bean Salad Diced Peaches Ice Cold Milk	Chicken Strips Garlic Toast Romaine Salad w/ Garbanzo Beans Sliced Oranges Ice Cold Milk	Beef Burrito Baja Black Beans Carrots w/ Ranch Tostitos Scoops Fresh Banana Ice Cold Milk	Confetti Pancakes Turkey Sausage Veggie Juice Strawberry Cup Ice Cold Milk	Italian Dunkers Marinara Sauce Whole Kernel Corn Goldfish Crackers Fresh Grapes Ice Cold Milk
14 Mini Egg & Cheese Sandwich	15 Apple Cinnamon Toast	16 Cheese Omelet Brown Sugar Bagel	Glazed Sweet Bun	18 Turkey Bacon Breakfast Boat
Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Mixed Fruit Ice Cold Milk	Mini Corn Dogs Onion Rings Celery w/ Hummus Apple Slices Ice Cold Milk	Taco Meat Tortilla Scoops Cheese Cup& Salsa Broccoli Goldfish Grahams Fresh Apple Ice Cold Milk	Fiestada Pizza Hummus Celery Sticks Cheez It Crackers Applesauce Cup Ice Cold Milk	Calzone Cheese Stick Carrot Sticks Veggie Juice Cheddar Goldfish Fruit Cup Ice Cold Milk
21 No School	22 Cini Minis	23 Mini Egg & Cheese Slider	24 Breakfast Wrap	25 Mini Maple Waffles Yogurt
Day	Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Cherry Tomatoes Fresh Apple Ice Cold Milk	Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Banana Ice Cold Milk	Turkey Burger Emoji Potatoes Celery Sticks Orange Slices Ice Cold Milk	Soft Beef Taco Lettuce, Cheese, Tomato Refried Beans Tostito s Scoops Fruit Cup Ice Cold Milk
28 French Toast Sticks	29 Scrambled Eggs Muffin	30 Chocolate Filled Crescent Roll	Beef Sausage Bagel w/ Cheese	1 Pancake Wrap
Sloppy Joe Onion Rings Celery Sticks w/ Hummus Crisp Apple Ice Cold Milk	Teriyaki Chicken Asian Rice Cherry Sidekick Pineapple Tidbits Ice Cold Milk	Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots Corn Muffin Diced Peaches Ice Cold Milk	Chicken Fajita Lettuce, Cheese & Diced Tomatoes Refried Beans Tortilla Chips Fresh Banana Ice Cold Milk	Three Cheese Calzone Ranch Potato Wedges Carrots w/ Ranch Strawberry Cup Ice Cold Milk

MUNCHERS - Check with your school cook for ordering details



Grades 6-12 have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

Lunch: Munchers & Sunbutter Sandwiches available as entrée choices. Chef Salads available at K-8 & K-12 sites.

Monday - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

Tuesday - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes) Wednesday - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Mixed Fruit)

Thursday - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

Friday - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from Country Dairy included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: www.grpublicschools.org/nutrition or use the QR code on this menu.





* Menu Item Contains Pork