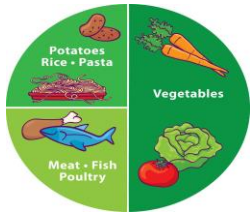


JANUARY BREAKFAST 2018

**ASSEMBLY 'S
CAFETERIA
BREAKFAST
PROVIDES YOU
WITH
MORE FRUITS**



MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Waffles Egg Patty Syrup Peaches Choice of Juice Choice of Milk	Oatmeal WW Cinnamon Toast Ham Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast Pizza Mixed Fruits Choice of Juice Choice of Milk
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
	Biscuit Egg Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes Ham Patty Syrup Peaches Choice of Juice Choice of Milk	Grits WW Toast Sausage Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast on a Stick Mixed Fruits Choice of Juice Choice of Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Ham Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Waffles Sausage Patty Syrup Peaches Choice of Juice Choice of Milk	Oatmeal WW Cinnamon Toast Egg Patty Jelly Pears Choice of Juice Choice of Milk	Ham & Egg on Bun Mixed Fruits Choice of Juice Choice of Milk
MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY	FRIDAY
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes Ham Patty Syrup Peaches Choice of Juice Choice of Milk		

MAKE SURE YOU EAT ALL YOUR FRUITS FOR BREAKFAST!!!

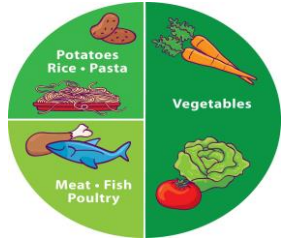
**Breakfast Prices January 17 Days
Full Pay- \$1.90 x17 = \$32.30
Reduced .30 x 17 = \$5.10**

Start your Day Off With a Good Breakfast

MENU'S ARE SUBJECT TO CHANGE

Condiments Available Daily:
Syrup
Jelly

**Assembly Christian's
Cafeteria Lunches
Provide You With
More Healthier
Choices**



**Lunch Prices January 17 Days
Full Pay \$2.70 x 17 = \$45.90
Reduced .40 x 17 = \$6.80**

LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Spring Mix (Green & Red Lettuces), Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday
Our Stack of Trim is Spinach, Tomatoes, & Pickle Slices

The Grains we serve At Lunch are Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

We serve Fruits Daily
Also 100% Fruit Juices
Condiments Available Daily:
Ranch Fat Free, Regular, Italian
Ketchup, Mustard, B.B. Que Sauce
Mayonnaise : Fat Free or Regular

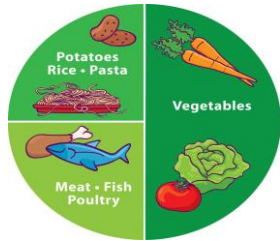
MENU'S ARE SUBJECT TO CHANGE

JANUARY LUNCH 2018 - PK - 8TH GRADES

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Chicken Nugget Macaroni & Cheese Steamed Broccoli Green Leafy Salad Sliced Peaches WW Dinner Roll Choice of Milk	Red Beans W/ Sausage Brown Rice Cole Slaw Apple Sauce Cornbread Choice of Milk	Hamburger WW Bun Potatoes Stack of Trim Fruit Mix Choice of Milk	Chicken & Sausage Gumbo/ Brown Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits W G Cookie Choice of Milk
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
	Chicken Stew Brown Rice Corn Green Leafy Salad Apple Sauce WW Dinner Roll Choice of Milk	Pig in The Blanket Potatoes Green Leafy Salad Fruit Cocktail Choice of Milk	WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll Choice of Milk	E B M Pizza Corn on Cob Green Leafy Salad Pineapple Tidbits W G Cookie Choice of Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Chicken Fried Steak Mashed Potatoes Casserole Green Leafy Salad Sliced Peaches WW Dinner Roll Choice of Milk	Beef Stew W/ Potatoes Brown Rice Corn Green Leafy Salad Apple Crisp Choice of Milk	Cheese Burger WW Bun Potatoes Stack of Trim Fruit Mix Choice of Milk	Chili W/Beans Green Leafy Salad Pears Corn Bread Crackers Choice of Milk	Beef Pizza Corn on Cob Green Leafy Salad Pineapple Tidbits W G Cookie Choice of Milk
MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY	FRIDAY
Chicken Strips Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches WW Dinner Roll Choice of Milk	Pork Stew Brown Rice White Beans Green Leafy Salad Apple Sauce WW Dinner Roll Choice of Milk	Breaded Chicken WW Bun Potatoes Stack of Trim Fruit Jello Choice of Milk		

JANUARY LUNCH 2018 9 - 12 GRADES

Assembly Christian's
Cafeteria Lunches
Provide You With
More Healthier
Choices



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Reduced .40 x 17 = \$6.80

LET'S SEE HOW MANY DIFFERENT COLOR
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Spring Mix (Green & Red Lettuces),
Romaine, Iceberg, Tomatoes,
Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday
Our Stack of Trim is Spinach, Tomatoes,
& Pickle Slices

The Grains we serve At Lunch are
Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS
SERVED EACH WEEK.

We serve Fruits Daily
Also 100% Fruit Juices

Condiments Available Daily:
Ranch Fat Free, Regular, Italian
Ketchup, Mustard, B.B. Que Sauce
Mayonnaise : Fat Free or Regular

MENU'S ARE SUBJECT TO CHANGE



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