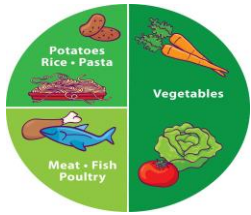


# JANUARY BREAKFAST 2018

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!!!

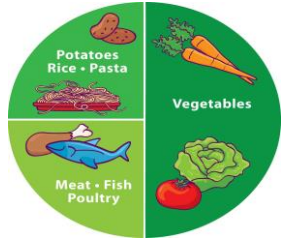
**Breakfast Prices January 17 Days**  
Full Pay- \$1.90 x17 = \$32.30  
Reduced .30 x 17 = \$5.10

**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

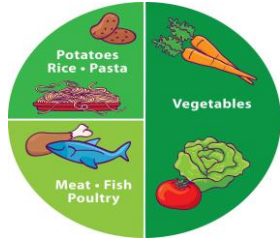
**MENU'S ARE SUBJECT TO CHANGE**

# 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



**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**



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		