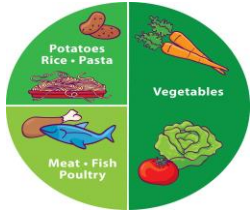


**ASSEMBLY 'S  
CAFETERIA  
BREAKFAST  
PROVIDES YOU  
WITH  
MORE FRUITS**



**JANUARY BREAKFAST 2019**

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Assorted Cereal Toast Jelly Apple Sauce  Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit  Choice of Juice Choice of Milk	Waffles Egg Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits Toast Ham Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast Pizza Bacon  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Assorted Cereal Toast Jelly Apple Sauce  Choice of Juice Choice of Milk	Biscuit Egg Patty Jelly Fresh Fruit  Choice of Juice Choice of Milk	Pancakes Ham Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits Toast Bacon Jelly Pears Choice of Juice Choice of Milk	French Toast Sticks Sausage Patty  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
	Biscuit Ham Patty Jelly Fresh Fruit  Choice of Juice Choice of Milk	Waffles Sausage Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits Toast Egg Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast Pizza Bacon  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 28	TUESDAY 28	WEDNESDAY 30	THURSDAY 31	
Assorted Cereal Toast Jelly Apple Sauce  Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit  Choice of Juice Choice of Milk	Pancakes Egg Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits Toast Bacon Jelly Pears Choice of Juice Choice of Milk	

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

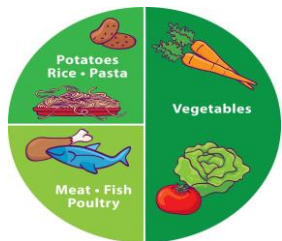
**Breakfast Prices January 18 Days  
Full Pay- \$1.90 x18 = \$34.20  
Reduced .30 x 18 = \$5.40**

**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 18 Days**  
**Full Pay \$2.70 x 18 = \$48.60**  
**Reduced .40 x 18 = \$7.20**

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

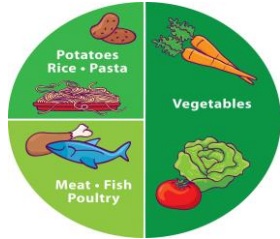
**MENU'S ARE SUBJECT TO CHANGE**

# JANUARY LUNCH 2019 - 9th - 12th GRADES

MONDAY	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
<b>MONDAY 7</b>	<b>TUESDAY 8</b>	<b>WEDNESDAY 9</b>	<b>THURSDAY 10</b>	<b>FRIDAY 11</b>
Chicken Nugget Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Red Beans Sausage Rice Cole Slaw Apple Sauce Cornbread Choice of Juice Choice of Milk	Cheese Burger Bun Potatoes Stack of Trim Fruit Cocktail Choice of Juice Choice of Milk	Chicken & Sausage Gumbo/Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Juice Choice of Milk	EMB Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie Choice of Juice Choice of Milk
<b>MONDAY 14</b>	<b>TUESDAY 15</b>	<b>WEDNESDAY 16</b>	<b>THURSDAY 17</b>	<b>FRIDAY 18</b>
Chicken Fried Steak Mashed Potatoes Gravy Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Chicken Stew Rice White Beans Green Leafy Salad Apple Crisp Dinner Roll Choice of Juice Choice of Milk	Sloppy Joe Bun Potatoes Stack of Trim Fruit Cocktail Choice of Juice Choice of Milk	Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll Choice of Juice Choice of Milk	Beef Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie Choice of Juice Choice of Milk
<b>MONDAY 21</b>	<b>TUESDAY 22</b>	<b>WEDNESDAY 23</b>	<b>THURSDAY 24</b>	<b>FRIDAY 25</b>
	Beef Stew Rice Green Beans Green Leafy Salad Apple Sauce Dinner Roll Choice of Juice Choice of Milk	Hamburger Bun Potatoes Stack of Trim Fruit Mix Choice of Juice Choice of Milk	Chili W/Beans Green Leafy Salad Pears Corn Bread Crackers Choice of Juice Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie Choice of Juice Choice of Milk
<b>MONDAY 28</b>	<b>TUESDAY 29</b>	<b>WEDNESDAY 30</b>	<b>THURSDAY 31</b>	
Chicken Strips Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Pork Stew Brown Rice White Beans Green Leafy Salad Apple Sauce Dinner Roll Choice of Juice Choice of Milk	Hot Dog Bun/ Chili Potatoes Green Leafy Salad Mixed Fruit Choice of Juice Choice of Milk	Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Garlic Bread Choice of Juice Choice of Milk	

# JANUARY LUNCH 2019 - PK - 8TH GRADES

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



Lunch Prices January 18 Days  
Full Pay \$2.70 x 18 = \$48.60  
REDUCED .40 X 18 = \$7.20

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,  
Cuccumbers, 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 VERIETY 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	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
<b>MONDAY 7</b> Chicken Nugget Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	<b>TUESDAY 8</b> Red Beans Sausage Rice Cole Slaw Apple Sauce Cornbread  Choice of Milk	<b>WEDNESDAY 9</b> Cheese Burger Bun Potatoes Stack of Trim Fruit Cocktail  Choice of Milk	<b>THURSDAY 10</b> Chicken & Sausage Gumbo/Rice Green Beans Green Leafy Salad Pears Dinner Roll  Choice of Milk	<b>FRIDAY 11</b> EMB Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk
<b>MONDAY 14</b> Chicken Fried Steak Mashed Potatoes Gravy Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	<b>TUESDAY 15</b> Chicken Stew Rice White Beans Green Leafy Salad Apple Crisp Dinner Roll  Choice of Milk	<b>WEDNESDAY 16</b> Sloppy Joe Bun Potatoes Stack of Trim Fruit Cocktail  Choice of Milk	<b>THURSDAY 17</b> Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll  Choice of Milk	<b>FRIDAY 18</b> Beef Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk
<b>MONDAY 21</b> 	<b>TUESDAY 22</b> Beef Stew Rice Green Beans Green Leafy Salad Apple Sauce Dinner Roll  Choice of Milk	<b>WEDNESDAY 23</b> Hamburger Bun Potatoes Stack of Trim Fruit Mix  Choice of Milk	<b>THURSDAY 24</b> Chili W/Beans Green Leafy Salad Pears Corn Bread Crackers  Choice of Milk	<b>FRIDAY 25</b> Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk
<b>MONDAY 28</b> Chicken Strips Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	<b>TUESDAY 29</b> Pork Stew Brown Rice White Beans Green Leafy Salad Apple Sauce Dinner Roll  Choice of Milk	<b>WEDNESDAY 30</b> Hot Dog Bun/ Chili Potatoes Green Leafy Salad Mixed Fruit  Choice of Milk	<b>THURSDAY 31</b> Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Garlic Bread  Choice of Milk	