

# Mapleton Public Schools

~ January 2012 ~

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b>	<b>3</b>	<b>4</b> Bagel w/Cream Ch  Grilled Cheese & Soup or Nacho Grande, Cucumber Slices, & Strawberries	<b>5</b> Breakfast Burrito  Chili w/Cinnamon roll or Meatball Sandwich Fresh Veggie Sticks and Watermelon Wedge	<b>6</b> Pancakes & Ham  Shrimp Poppers or Teriyaki Bowl, Peas and Peaches
<b>9</b> Yogurt & Grahams  Pizza or Bean Tostado Green Beans and Pears	<b>10</b> Southwest Egg Bake  Tacos or Sub Sandwich Fresh Carrot Sticks and Fresh Apples	<b>11</b> Muffin & Cheese  Penne Pasta Bake or Hamburger on Bun Broccoli and Pears	<b>12</b> Ham & Cheese Bisc.  Sloppy Joe or Cheese Quesadilla w/Pinto Beans, Corn & Orange Sections	<b>13</b> Power Breakfast  Mac & Cheese or Hot Dog, Peas and Watermelon Wedge
<b>16</b>  <b>NO SCHOOL</b>  <b>Martin Luther King Holiday</b>	<b>17</b> Pancakes w/Strawberry Topping  Buffalo Chicken Wrap or Cheese Burger, Mixed Veggies and Pears	<b>18</b> Bagel w/Cream Ch  Rice Bowl w/Egg Roll or Nacho Grande, Carrot Sticks and Pineapple Tidbits	<b>19</b> Yogurt & Grahams  Chicken & Cheese Enchilada's or American Sub, Salad, Mixed Fruit	<b>20</b> Scrambled Eggs & Sausage  Fish Patty Sand. or Cheese Pizza , Green Beans and Fresh Apple Quarters
<b>23</b> Breakfast Pizza  Spaghetti & Meat Balls or Tamales, Tossed Salad and Applesauce	<b>24</b> Breakfast Egg Sand.  Pasta Alfredo w/Chicken or Chix Fajitas w/Tossed Salad, Peas and Mandarin Oranges	<b>25</b> Ham & Cheese Biscuit  Chicken Taco or Roast Pork Dinner, Herb Potatoes, Salad, Watermelon	<b>26</b> Waffle Sticks  Chef Salad or French Dip Sandwich, Mixed Veggies Orange Sections	<b>27</b> Eggs & Ham  Ham & Cheese Sandwich or Beef and Bean Burrito, Carrot & Celery Sticks, Apricots
<b>30</b> Yogurt & Grahams  Roasted Chicken w/ Potatoes & Gravy or PBJ Sandwich, Green Beans and Applesauce	<b>31</b> Breakfast Pizza  Italian Sub, or Frito Pie, Cooked Carrots, Mixed Fruit			

**Cereal w/Toast, Juice and/or Fruit, offered daily at Breakfast.  
Milk offered daily at all meals.**