

Copopa/CMS Menu

January, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 OFF Happy New Year	2 OFF	3 OFF
6 Sausage Biscuit Breaded Chicken Sandwich or Corndog, Thunder Crunch Fries, BBQ Beans And Fruit	7 Mini Powdered Donuts Hamburger or Cheese Burger or Italian Meatball Sub, Potato Smiles, California Blend and Fruit	8 Breakfast Pizza (White gravy) Chicken Nuggets or Salisbury Steak and Roll, Red Potatoes, Peas and Fruit	9 Cinnamon Toast Crunch Soft Bars Spaghetti W/Meat Sauce, Garlic Toast or Ham & Cheese Melt, Green Beans, Tossed Salad. Fruit	10 Bacon Egg & Cheese Biscuit Taco Soup W/Tortilla Chips or Cheese or Pepperoni Pizza, corn, Broccoli, Fruit
13 Sausage Biscuit Chicken Ranch Wrap or Beef Dippers, Tatar Tots, Steamed Carrots, Fruit and Roll	14 Double Chocolate Chip Muffins Mac and Cheese or Salisbury Steak, Sweet Potato Fries, Parmesan Broccoli, Fruit and Roll	15 Pancake on a stick Hot Dog on Bun or Bosco Sticks, Season Green Beans, Salad and Fruit	16 Bacon, Egg and Cheese Biscuit Hot Dog on Bun or Beef Vegetable Soup W/Roll, Potato Wedge, BBQ Beans and Fruit	17 Chicken Biscuit Chicken Soft Tacos or Cheese or Pepperoni Pizza, Corn, Refried Beans and Fruit
20 OFF Martin Luther King Jr. Day	21 French Toast with Sausage Link BBQ Sandwich or Breaded Cheese Sticks, Green Beans, Baby Carrots, with Dip, Fruit	22 Cherry Frudel Hamburger or Cheese Burger or Fish Sandwich, Thunder Fries, BBQ Beans, Fruit	23 Ham, Egg & Cheese Biscuit Turkey Bacon Melt or Twisted Lasagna, Garden Salad, Broccoli and Cheese, Salad, Fruit	24 Off
27 Sausage Biscuit Queso Beef Nachos or Chicken Noodle, Refried Beans, Corn and Fruit	28 Breakfast Gravy Pizza Oven Fried Chicken or Home-style Chili Cheesy Potatoes, Green Beans, Fruit	29 Soft Filled Cinnamon Toast Crunch Bars Shrimp and Fish Basket or BBQ Sandwich, Baked Potato, Cole Slaw, Great Northern Beans, Fruit	30 Chicken Biscuit Home style Chicken Bowl or Pork Chop Broccoli and Cheese, Garden Salad, Fruit	31 Chicken Biscuit Frito Casserole or Fiestada Pizza, Sweet Corn, Baby Carrots W/Dip, Fruit

Breakfast - Cereal available every day instead of menu item.

Breakfast served with choice of fruit or fruit juice and choice of milk.

Milk choices - 1% white, fat-free chocolate, fat-free strawberry.



Meal Pricing:

Breakfast \$1.50

Lunch \$3.50

Milk only \$.50

Reduced-Price Breakfast \$.30

Reduced-Price Lunch \$.04

This institution is an equal opportunity provider