

Check out NEW menu items highlighted in **PURPLE**. Tell us what you think!

JANUARY 2020

Henderson Collegiate – Middle School

Drinks: Plain 1% milk, skim chocolate and strawberry milk, and water available at breakfast and lunch

Monday

Tuesday

Wednesday

Thursday

Friday



WINTER BREAK
NO SCHOOL

6

WINTER BREAK
NO SCHOOL

7

WINTER BREAK
NO SCHOOL

1

WINTER BREAK
NO SCHOOL

2

WINTER BREAK
NO SCHOOL

3

WINTER BREAK
NO SCHOOL

6

WINTER BREAK
NO SCHOOL

7

WINTER BREAK
NO SCHOOL

8

WINTER BREAK
NO SCHOOL

9

WINTER BREAK
NO SCHOOL

10

Bagel, Cream Cheese, Jam
Fresh Fruit

13

Cereal Bars (2)
Fresh Fruit

14

Cinnamon Roll
Fresh Fruit

15

Yogurt, Granola
Fresh Fruit

16

Superdonut
Fresh Fruit

17

PBJ or Turkey Ham & Cheese Sandwich
Carrots, Fuitable
Fresh Fruit

Hamburger with WG Bun
Kidney Beans
Tossed Salad
Fresh Fruit

Classic Chicken Sandwich
Choice of Sauce: BBQ or Spicy Ranch
Creamy Corn, Fresh Green Salad
Fresh Fruit

HC Nacho Bar! Ground beef, sour cream,
shredded cheddar, chopped lettuce, sassy
salsa, WG chips
Fiesta Black Beans
Fresh Fruit

PBJ or Turkey Ham & Cheese Sandwich
Baby Carrots, Celery Sticks
Fresh Fruit

HOLIDAY
NO SCHOOL

20

Yogurt, WG Muffin
Fresh Fruit

21

Bagel, Cream Cheese
Fresh Fruit

22

Appleways
Fresh Fruit

23

Cereal Bars (2)
Fresh Fruit

24

PBJ or Turkey Ham & Cheese Sandwich
Carrots, Fuitable
Graham Crackers
Fresh Fruit

PBJ or Turkey Ham & Cheese Sandwich
Carrots, Fuitable
Cheese Stick
Fresh Fruit

Homemade Ham & Cheese Sandwich
3 Bean Salad, Carrots
Chips
Fresh Fruit

Chicken Biscuit (2)
Broccoli
Potato Salad
Fresh Fruit

Apple Frudel, Cheese Stick
Fresh Fruit

27

WG Biscuit, Hardboiled Eggs
Fresh Fruit

28

Cinnamon Roll
Fresh Fruit

29

WG English Muffin, Sausage
Fresh Fruit

30

Poptarts (2)
Fresh Fruit

31

HC Nachos
(kidney/pinto/turkey mix; cheddar, sassy
salsa, chopped lettuce, corn, WG yellow
corn tortilla chips)
Fresh Fruit

Winter Ragù (meaty red sauce) over WG
Spiral Pasta, Parmesan Cheese
Fresh Green Salad, Cherry Tomatoes
WG Roll
Fresh Fruit

Chicken Fajita (2 WG tortillas)
Chili Lime Corn Salad
Mexican Jumping Beans
Fresh Fruit

Breakfast for Lunch:
Omelet, WG Pancakes
Spinach Salad
Fresh Fruit

Ham & Cheese Sandwich
Cucumber Sticks, Baby Carrots
Fresh Fruit
Sunchips