

JANUARY 2019

HEMPHILL I.S.D.



Monday

Tuesday

Wednesday

Thursday

Friday

1

HOLIDAY

2

HOLIDAY

3

HOLIDAY

4

HOLIDAY

7

Muffins
Or
Cereal & Toast
Fruit & Juice
Milk

8

Breakfast Pizza
Or
Cereal & Toast
Fruit & Juice
Milk

9

Pop Tart
Or
Cereal & Toast
Fruit & Juice
Milk

10

Sausage & Biscuit
Or
Cereal & Toast
Fruit & Juice
Milk

11

Waffles
Or
Cereal & Toast
Fruit & Juice
Milk

14

Eggs & Toast
Or
Cereal & Toast
Fruit & Juice
Milk

15

Oatmeal & Toast
Or
Cereal & Toast
Fruit & Juice
Milk

16

Sausage Roll
Or
Cereal & Toast
Fruit & Juice
Milk

17

Pancake on Stick
Or
Cereal & Toast
Fruit & Juice
Milk

18

Pancakes
Or
Cereal & Toast
Fruit & Juice
Milk

21

Teacher
Workday

22

Breakfast Pizza
Or
Cereal & Toast
Fruit & Juice
Milk

23

Pop Tart
Or
Cereal & Toast
Fruit & Juice
Milk

24

Sausage & Biscuit
Or
Cereal & Toast
Fruit & Juice
Milk

25

Waffles
Or
Cereal & Toast
Fruit & Juice
Milk

28

Muffins
Or
Cereal & Toast
Fruit & Juice
Milk

29

Oatmeal & Toast
Or
Cereal & Toast
Fruit & Juice
Milk

30

Sausage Roll
Or
Cereal & Toast
Fruit & Juice
Milk

31

Pancake on Stick
Or
Cereal & Toast
Fruit & Juice
Milk





Monday

Tuesday

Wednesday

Thursday

Friday

1
HOLIDAY

2
HOLIDAY

3
HOLIDAY

4
HOLIDAY

7
Beefy Mac
Black-eyed Peas
Carrots
Cornbread
Fruit
Milk

8
Frito Pie
Ranch Style Beans
Broccoli
Fruit
Milk

9
Corndogs or Pizza
Corn
Carrots
Fruit
Milk

10
Beef Vegetable Soup
Grilled Cheese
Garden Salad
Fruit
Milk

11
Chicken Burgers
Burger Salad
French Fries
Fruit
Milk

14
Supreme Nachos
Garden Salad
Pinto Beans
Fruit
Milk

15
Chicken Nuggets
Mashed Potatoes
Gravy
Green Beans
Roll
Fruit & Milk

16
Chili Cheese Dog
Baked Beans
Tater Tots
Fruit
Milk

17
Steakfingers
Rice & Gravy
Lima Beans
Cornbread
Fruit
Milk

18
Cheeseburgers
Burger Salad
Baked Beans
Fruit
Milk

21
Teacher Workday

22
Beef Spaghetti
Sweet Peas
Broccoli & Cheese
Garlic Toast
Fruit
Milk

23
Pizza
Baby Carrots w/Ranch
Garden Salad
Fruit
Milk

24
Chicken & Sausage
Gumbo
Rice or Crackers
Potato Salad
Fruit
Milk

25
Steak Burgers
Burger Salad
Tater Tots
Fruit
Milk

28
Chicken Tenders
Cheesy Potatoes
Green Beans
Roll (HS)
Fruit
Milk

29
Enchilada Casserole
Spanish rice
Pinto Beans
Fruit
Milk

30
Pizza
Corn
Sliced Carrots
Fruit
Milk

31
Tater Tot Casserole
Broccoli & Cheese
Garden Salad
Fruit
Milk

