



Happy  
New Year!

# ESCATAWPA UPPER ELEMENTARY

## Breakfast/Lunch Menu

**Free Breakfast and  
Lunch For All Students!!**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|---|---|---|--|
|   |   |   | 4   | 5  |
|   |   |   | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   |
|   |   |   | Grits, Sausage & Biscuit<br>WG Cereal Variety*  | Pancake on Stick*<br>WG Cereal Variety*  |
|   |   |   | <b>LUNCH</b>  | <b>LUNCH</b>   |
|   |   |   | MANAGER'S CHOICE MENU   | MANAGER'S CHOICE MENU  |
| 8   | 9   | 10  | 11  | 12   |
| <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   |
| Pancakes* w/Sausage<br>WG Cereal Variety*   | Chicken Patty* & Biscuit<br>WG Cereal Variety*  | Ham & Cheese Croissant*<br>Pancake on Stick*  | Grits, Sausage & Biscuit<br>WG Cereal Variety*  | Breakfast Pizza*<br>WG Cereal Variety*   |
| <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   |
| Pizza*<br>Ham & Cheese Bun*<br>Seasoned Fries<br>Glazed Carrots<br>Fresh Fruit Bowl<br>Pineapple Tidbits  | Baked Chicken Nuggets* w/Roll*<br>Baked Fish Melt*<br>Green Peas<br>Mac* & Cheese<br>California Blend<br>Chilled Sliced Peaches | Spicy Chicken Sandwich*<br>Mozarella & Pepperoni Calzone*<br>Seasoned Green Beans<br>Cheesy Potatoes<br>Fresh Fruit Bowl<br>Pudding Cup           | Cheeseburger* w/Trimmings<br>Cheesy Chicken over Rice*<br>Whole Kernel Corn<br>Steamed Broccoli<br>Chilled Diced Pears<br>Roll*         | MANAGER'S CHOICE MENU  |
| MLK Holiday 15  | 16  | 17  | 18  | 19   |
|    | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   |
|   | Oatmeal* w/Grilled Cheese*<br>Apple Frudel* & Yogurt  | Waffle* & Chicken Patty*<br>WG Cereal Variety*  | Grits, Sausage & Biscuit<br>Crustables*   | Pancake on Stick*<br>WG Cereal Variety*  |
|   | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   |
|   | Pizza*<br>Chicken Nuggets*<br>Oven Baked Fries<br>Green Peas<br>Chilled Diced Pears<br>Roll*                                    | Chili w/Cheesy Breadstick*<br>Cheeseburger* w/Trimmings<br>Seasoned Green Beans<br>Glazed Carrot Coins<br>Orange Smiles<br>Fruit Freeze           | Hamburger Steak w/Gravy<br>Baked Corn Dog*<br>Seasoned Lima Beans<br>Mashed Potatoes<br>Fresh Fruit Bowl<br>Roll*                       | Fajita Chicken Wrap*<br>Nachos Grande*<br>Whole Kernel Corn<br>Tator Tots<br>Chilled Fruit Cup<br>Cookie*      |
| 22  | 23  | 24  | 25  | 26   |
| <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   |
| Sausage Biscuit<br>WG Cereal Variety*   | Pancake on Stick*<br>WG Cereal Variety*   | Ham, Egg, & Cheese Croissant*<br>Dunkin Stix* & Yogurt  | Grits, Sausage & Biscuit<br>WG Cereal Variety*  | Breakfast Bagel*<br>Mini Cinnis* & Yogurt  |
| <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   |
| Cheeseburger* w/Trimmings<br>#1032 Lemon Pepper Wings<br>BBQ Baked Beans<br>Cheesy Potatoes<br>Chilled Fruit Cup<br>Gelatin Cup<br>Roll*        | Hamburger Pie<br>Spicy Chicken Sandwich*<br>Steamed Carrots<br>Seasoned Green Beans<br>Fresh Fruit Bowl<br>Cheesy Breadstick*   | Baked Chicken Nuggets*<br>Baked Corn Dog*<br>Seasoned Potato Wedges<br>Seasoned Green Peas<br>Blushing Chilled Pears<br>Fresh Fruit Bowl<br>Roll* | Chicken & Sausage Gumbo<br>Turkey & Cheese Bun*<br>Steamed Rice*<br>Whole Kernel Corn<br>Potato Salad<br>Chilled Fruit Cup<br>Crackers* | Pizza*<br>Fish Melt*<br>Oven Baked Fries<br>Steamed Broccoli<br>Fresh Fruit Bowl<br>Pudding Cup                |
| 29  | 30  | 31  | February 1  | 2  |
| <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>  | <b>BREAKFAST</b>   |
| Pancakes* w/Sausage<br>WG Cereal Variety*   | Oatmeal* w/Grilled Cheese*<br>Breakfast Pastry* & Yogurt  | Ham & Cheese Croissant*<br>WG Cereal Variety*   | Grits, Sausage & Biscuit<br>Dunkin Stix* & Yogurt   | Breakfast Pizza*<br>WG Cereal Variety*   |
| <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>  | <b>LUNCH</b>   |
| Hamburger Steak & Gravy<br>Ham & Cheese Bun*<br>Steamed Rice*<br>Southern Turnip Greens<br>Whole Kernel Corn<br>Pineapple Tidbits<br>Cornbread* | Baked Chicken Nuggets*<br>Baked Fish Melt*<br>Green Peas<br>Mac* & Cheese<br>California Blend<br>Fresh Fruit Bowl<br>Roll*      | Spicy Chicken Sandwich*<br>Pizza*<br>Seasoned Green Beans<br>Oven Baked Fries<br>Chilled Tropical Fruit<br>Pudding Cup                            | Cheeseburger* w/Trimmings<br>Cheesy Chicken over Rice*<br>Glazed Carrots<br>Steamed Broccoli<br>Fresh Fruit Bowl<br>Roll*<br>Brookie*   | Hot Dog*<br>Chicken Fajita Wrap*<br>Steamed Broccoli<br>Oven Baked Fries<br>Fresh Fruit Bowl<br>Applesauce Cup |

\*Whole Grain/Wheat

Chilled fruit, fruit juice, low-fat and fat-free milk varieties, and condiments are offered daily for Breakfast and Lunch.

\*\*Menu items listed are subject to change without prior notification due to product availability.

This institution is an equal opportunity provider .