

# Menus

**School:** Cowgill R-VI School

**Academic Year:** 2016-17

**Meal:** Lunch

**Month:** January 2017

January				
M	Tu	W	Th	F
2 Spaghetti & Meat Sauce, Green Beans, Breadstick, & Peaches	3 Fish Sandwich, Corn, & Tropical Fruit	4 Beef Taco Salad, Black Beans, & Cinnamon Apples	5 Chicken Strips, Salad, & Mandarin Oranges	6 Tenderloin Sandwich, French Fries, & Raisins
9 Country Fried Steak, Mashed Potatoes, Gravy, Carrots, Bread, & Pears	10 Deli Sandwich, Chips, Slaw, & Banana	11 Sweet Sour Chicken, Broccoli, Rice, & Pineapple	12 BBQ Pork Sandwich, BBQ Beans, & Mixed Fruit	13
16	17 Grilled Chicken Sandwich, Corn, & Pears	18 Meatloaf, Mashed Potatoes, Carrots, Bread, & Peaches	19 Popcorn Chicken, Salad, Breadstick, & Strawberries	20 Corndog, Pork N Beans, & Applesauce
23 Cheeseburger, French Fries, & Pineapple	24 Creamy Chicken Over Biscuit, Peaches, & Dessert	25 Beef Stroganoff, Green Beans, Bread, & Mixed Fruit	26 Chicken Enchiladas, Black Beans, & Cinnamon Apples	27
30 Honey BBQ Chicken Nuggets, Macaroni & Cheese, Bread, & Peaches	31 Chef Salad, Breadstick, & Strawberries	1 Tenderloin, Carrots, Mashed Potatoes, Gravy, Biscuit, & Mandarin Oranges	2 Hot Dog, Pork N Beans, Raisins	3 Chicken Casserole, Peas, & Pears

## **Hot Breakfast and Lunch Program**

The School Hot Breakfast and Lunch Program will begin on the first day of school. Breakfast/lunches can be purchased daily or weekly. **Breakfast prices are .95 and lunch prices are \$1.65. Extra Milk is 40 cents. Adults may eat lunch with their child at a cost of \$2.35.** If you plan to eat lunch with your child, please call the school by 9:00 am. Forms for free and reduced priced lunches will be sent home with your child at the beginning of the school year. They are also available throughout the year upon request in the office. Menus are published regularly. The school's Health and Wellness policy is available on the website <http://cowgillr6.com>.

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