


# January 2018

## Cafe Menu

Iron Chef practices Are  
Happening!!

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>Happy</b> <b>New Year!!!</b>	<b>2</b> <u>Yogurt Parfait</u> <b>Chicken Parmesan</b> <b>Pasta, Glazed Carrots</b>	<b>3</b> <u>French Toast</u> <b>Beef Taco's</b> <b>Rice, Refried Beans</b>	<b>4</b> <u>Brfst Burrito</u> <b>BBQ Chicken</b> <b>Baked Potato,</b> <b>W.G. Biscuit</b>	<b>5</b> <u>Bagel Sandwich</u> <b>Chicken Lo mein</b> <b>Fortune Cookie</b>
<b>8</b> <u>Brfst Sndwch</u> <b>Macaroni &amp; Cheese</b> <b>Peas</b>	<b>9</b> <u>Yogurt Parfait</u> <b>Meatball Grinder</b> <b>Broccoli</b>	<b>10</b> <u>French Toast</u> <b>Chicken Quesadilla</b> <b>Rice Refried Beans</b>	<b>11</b> <u>Brfst Burrito</u> <b>Chicken Tenders</b> <b>Butternut Squash</b>	<b>12</b> <u>Bagel Sandwich</u> <b>Beef Stew</b> <b>W.G. Biscuit</b>
<b>15</b> <b>Martin Luther King</b> <b>Day</b>	<b>16</b> <u>Yogurt Parfait</u> <b>Cheeseburger</b> <b>Baked beans</b>	<b>17</b> <u>French Toast</u> <b>Spaghetti &amp; Meat-</b> <b>balls, Gr. Beans</b>	<b>18</b> <u>Brfst Burrito</u> <b>Chicken-Broccoli</b> <b>Stir Fry, Rice</b>	<b>19</b> <u>Bagel Sandwich</u> <b>Hot Dogs</b> <b>Sweet Potato FF</b>
<b>22</b> <u>Brfst Sndwch</u> <b>Chicken Tenders</b> <b>Glazed Carrots</b>	<b>23</b> <u>Yogurt Parfait</u> <b>Chicken Fajitas</b> <b>Rice, Refried Beans</b>	<b>24</b> <u>French Toast</u> <b>Meat or Vegetarian</b> <b>Chili, Cornbread</b>	<b>25</b> <u>Brfst Burrito</u> <b>Chicken Egg Rolls</b> <b>Fried Rice</b>	<b>26</b> <b>Teacher In Service</b> <b>No School</b>
<b>29</b> <u>Brfst Sndwch</u> <b>Chicken Lo Mein</b> <b>Fortune Cookie</b>	<b>30</b> <u>Yogurt Parfait</u> <b>Oven Fried Chicken</b> <b>Green Beans, W.G. Dinner Roll</b>	<b>31</b> <u>French Toast</u> <b>Chicken &amp;</b> <b>Biscuits</b>		

Our menu continues to evolve. We are trying new items while keeping the student's favorite's available. In addition to the calendar of special choices we will also have available everyday Pizza, Baked Chicken Sandwiches, Sandwich Wraps, Grinders, P.B. & J's and chef salads. To go along with these 9 main entree choices we will have ten different fruit and vegetable selections EVERYDAY. Menu subject to change

**Twin Valley Middle/High School**

This Institution is an equal opportunity provider  
Menu Subject to Change

### Prices

Breakfast \$2.00  
Adults \$2.50  
Lunch \$3.00  
Adults \$4.00