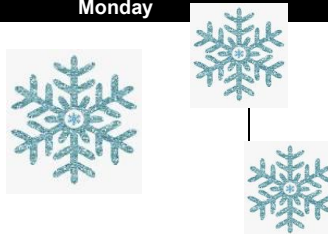


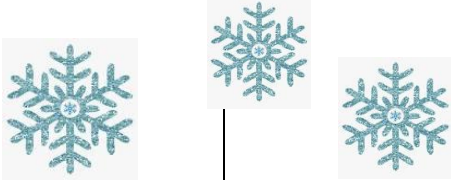
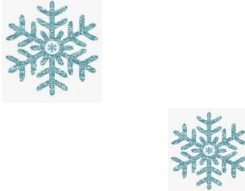




Tonasket Elementary Menu

January 2023

USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
		Burrito Salsa Fruit & Vegetable Bar Milk Choice <i>Frudel</i>	Chicken Nuggets Au Gratin Potatoes Fruit & Vegetable Bar Milk Choice <i>Biscuit & Gravy</i>	Pizza Fruit & Vegetable Bar Milk Choice <i>Muffin & String Cheese</i>
Cheeseburger Oven Fries Fruit & Vegetable Bar Milk Choice <i>French Toast & Sausage</i>	Beef Nachos Salsa Fruit & Vegetable Bar Milk Choice <i>Breakfast Pizza</i>	PB & J Fruit & Vegetable Bar Milk Choice <i>Muffin & Yogurt</i>	Chicken Burger Oven Fries Fruit & Vegetable Bar Milk Choice <i>Breakfast Sandwich</i>	Pizza Fruit & Vegetable Bar Milk Choice <i>Frudel</i>
Martin Luther King Day  No School	Hamburger Baked Beans Fruit & Vegetable Bar Milk Choice <i>Breakfast Pizza</i>	Corn Dog Oven Fries Fruit & Vegetable Bar Milk Choice <i>Waffles & Sausage</i>	Chicken & Rice Casserole Fruit & Vegetable Bar Milk Choice <i>Fruit Parfait</i>	Pizza Fruit & Vegetable Bar Milk Choice <i>Bagel & CC</i>
Turkey & Cheese Sandwich Goldfish Fruit & Vegetable Bar Milk Choice <i>Muffin & String Cheese</i>	Baked Ziti Breadstick Fruit & Vegetable Bar Milk Choice <i>Breakfast Sandwich</i>	PB & J Fruit & Vegetable Bar Milk Choice <i>Breakfast Pizza</i>	Pulled Pork Sandwich Fruit & Vegetable Bar Milk Choice <i>Pancake & Sausage</i>	No School
Mac & Cheese Fruit & Vegetable Bar Milk Choice <i>Breakfast Sandwich</i>	Chicken Fajitas Refried Beans Fruit & Vegetable Bar Milk Choice <i>Breakfast Pizza</i>			

*Breakfast menu includes daily special or assorted cereal & string cheese, juice, fruit and milk. *Menu subject to change without notice.
 Milk Choices include 1% white and skim chocolate
 *All Grains items made with Whole Grains

