January 2013

Our Specials Today Are . . .

Burris Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL SEMESTER BREAK DEC. 22 - JAN. 6	1 **Happy New Year!**	2	3	4
BREAKFAST 7 Ham Red Grapes Whole-Grain French Toast **LUNCH** Grilled Turkey & Cheese on Wheat Grilled Cheese on Wheat Tomato Soup Steamed Baby Carrots Apple Juice/Sliced Pears Milk	**BREAKFAST** 8 Smoked Sausage Grapefruit Segments Waffle **LUNCH** Italian Parmesan Chicken Breast Wh. Wheat Pasta w/Ital. Sausage & Sauce Roasted Tuscan Vegetables/Al Fresco Rice Orange Juice/Red Grape Cluster Milk	**BREAKFAST** 9 Turkey Bacon Strawberries Whole-Grain Pancake **LUNCH** Chicken Fajitas/Bean Fajitas Refried Beans/Spanish Brown Rice California Blend Vegetables Grape Juice/Fresh Strawberries Milk	**BREAKFAST** 10 Turkey Sausage Apple Slices Whole-Grain French Toast Sticks **LUNCH** Hot Dog on Wheat Bun Beef Lasagna Rice Pilaf/Green Beans w/Red Peppers Apple Juice/Apple Slices Milk	**BREAKFAST** 11 Sausage Patty Orange Segments Waffles **LUNCH** Whole-Grain Pepperoni or Cheese Pizza Oven-Crunch Cod Sandwich on Wheat Bun Broccoli Buds/Whole Wheat Breadstick Orange Juice/Orange Segments Milk
BREAKFAST 14 Sausage Patty Cantaloupe Whole-Grain Pancake **LUNCH** Grilled Chicken Sandwich w/Chz on Wheat Wh. Grain Rotini w/Meatballs & Sauce Winter Blend Veggies/Wh. Wheat Breadstick Grape Juice/Cantaloupe Chunks Milk	**BREAKFAST** 15 Ham Pineapple Chunks Whole-Grain French Toast **LUNCH** Hot Ham & Cheese Sandwich on Wheat Yankee Beef Pot Roast Mashed Potatoes w/Beef Gravy Baked Beans Apple Juice/Pineapple Chunks Milk	**BREAKFAST** 16 Sausage Patty Mandarin Oranges Waffles **LUNCH** Pork Loin Roast Wh. Wheat Rotini Bake w/Vegetables Long-Grain Wild Rice Honey-Glazed Carrots Orange Juice/Mandarin Oranges Milk	**BREAKFAST** 17 Turkey Bacon Sliced Peaches Whole-Grain French Toast **LUNCH** Spinach & Broccoli Enchiladas Pork Ham & Beans/Spanish Brown Rice Chuckwagon Corn/Wh. Grain Wheat Roll Grape Juice/Sliced Peaches Milk	**BREAKFAST** 18 Smoked Sausage Orange Segments Waffle Sticks **LUNCH** Hamburger or Cheeseburger on Wheat Black Bean Burger/Cod Sand. on Wh. Bun Whole-Grain Crunchy Rotini & Cheese Italian Blend Vegetables Apple Juice/Orange Segments Milk
21 **No School** **Martin Luther King, Jr. Day**	**BREAKFAST** 22 Sausage Patty White Grapes Whole-Grain French Toast **LUNCH** Chili Wh. Wheat Pasta w/Ital. Sausage & Sauce Steamed Cauliflower/Roasted Asparagus Whole Wheat Breadstick Grape Juice/White Grape Cluster Milk	**BREAKFAST** 23 Ham Mandarin Oranges French Toast Sticks **LUNCH** Beef Taco/Bean Taco Refried Beans Spanish Brown Rice Broccoli Spears Apple Juice/Mandarin Oranges Milk	**BREAKFAST** 24 Turkey Sausage Orange Segments Waffle Sticks **LUNCH** Chicken & Noodles Six Cheese Lasagna Mashed Potatoes/Chicken Gravy Green Beans/Wh. Grain Wheat Roll Orange Juice/Orange Segments Milk	**BREAKFAST** 25 Sausage Links Strawberries Whole-Grain Pancake **Homecoming LUNCH** Chicken Tenders/Hot Dog on Wheat Bun Hamburger or Cheeseburger on Wheat Bun Smiley Face Potatoes/Green Beans Grape Juice/Sliced Pears Go-Gurts/Milk
BREAKFAST 28 Sausage Patty Orange Segments Whole-Grain French Toast Sticks **LUNCH** Teriyaki Chicken Breast/Gen Tsos Chicken Wh. Wheat Pasta Primavera w/Marinara Brown Rice w/Red Peppers Sauteed Spinach w/Sesame Apple Juice/Orange Segments Milk	**BREAKFAST** 29 Smoked Sausage Strawberries Waffle **LUNCH** Milwaukee Style Cod Strips Cheese Stuffed Shells w/Sauce Cheesy Broccoli & Brown Rice Casserole Mixed Veggie Blend/BBQ Black-Eyed Peas Orange Juice/Fresh Strawberries Milk	**BREAKFAST** 30 Turkey Sausage Sliced Peaches Whole-Grain French Toast **LUNCH** Chicken Patty Sandwich on Wheat Bun Turkey Manhattan on Wheat Bread Green Beans Grape Juice/Sliced Peaches Milk	**BREAKFAST** 31 Turkey Bacon Pineapple Chunks Whole-Grain Pancake **LUNCH** Club Sandwich on Wheat Pork BBQ Sandwich on Wheat Bun Cheese Ravioli w/Spaghetti Sauce Steamed Squash & Zucchini Apple Juice/Pineapple Chunks Milk	

OVER

Burris Dining

Breakfast

7:30 - 8:30 a.m. - Hot Breakfast
8:30 - 10:30 a.m. - Continental Breakfast

Breakfast Menu Items

Scrambled Eggs, Whole-Grain Breakfast Bars, Kellogg's & General Mills Cereals, Wheat Toast, Wheat Bagels, Bananas, Apples, Clementines, Orange Juice, Skim & 1% Milk, Silk Soy Milk

Lunch

10:30 a.m. - 1:20 p..m
Snacks available from 8:30 a.m. - 1:20 p.m.

Lunch Menu Items

Full Salad Bar including spinach, romaine, broccoli, red peppers, chickpeas, sunflower seeds, Ken's dressing, Turkey & Cheese on Wheat, Turkey on Wheat, Peanut Butter & Jelly on Wheat, Cottage Cheese, Yoplait Greek Yogurt

Don't have time for breakfast at home?

For only $2.50 your child can have a full MyPlate breakfast that includes whole grains, fruit, milk, and a healthy protein.

Burris Dining Fun Facts:

- Deep fryers are never used
- Use well-known brands like Tyson, Heinz, Yoplait, Hormel, Ken's, Kellogg's, General Mills, and Silk
- Almost all grains are now whole grains
- Chef created menu meets and exceeds new federal nutritional guidelines
- Increased variety of dark green & orange vegetables like spinach & sweet potatoes
- Salad bar items are sourced locally if possible
- We never use imitation cheese
- Deli meats are all natural - without preservatives