# What's on the Menu?

January 1 - 5		Montesano JR/SR High School		
January 1	January 2	January 3	January 4	January 5
			National Spaghetti Day	
		Breakfast	opagneta bay	
Holiday Break <u>No School</u>	Apple Frudel	Muffin	Fruit Parfait	Berry French Toast
December 20 <sup>th</sup> – January 1 <sup>st</sup>	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars
Winter Break	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit
		Lunch		
	ENTRÉE CHOICES	ENTRÉE CHOICES	ENTRÉE CHOICES	ENTRÉE CHOICES
	Bean & Cheese Burrito	Chicken & Waffle	<ul><li>Spaghetti</li><li>Assorted Pizza</li></ul>	<ul> <li>BBQ Chicken Pizza</li> </ul>
	<ul> <li>Assorted Pizza</li> </ul>	<ul> <li>Assorted Pizza</li> </ul>	Chicken	<ul> <li>Assorted Pizza</li> </ul>
	<ul> <li>Cheesy Breadsticks</li> </ul>	<ul><li>Corn Dog</li><li>Crispy Chicken</li></ul>	Nuggets <ul> <li>Crispy Chicken</li> </ul>	<ul> <li>Spicy Chicken Sandwich</li> </ul>
	<ul> <li>Crispy Chicken Sandwich</li> </ul>	Sandwich <ul> <li>Cheeseburger</li> </ul>	Sandwich <ul> <li>Cheeseburger</li> </ul>	<ul> <li>Crispy Chicken Sandwich</li> </ul>
	Cheeseburger	Sandwich Bar	Deli Sandwich	Cheeseburger
	Sandwich Bar	<ul> <li>Assorted Salad</li> </ul>	Assorted Salad	Deli Sandwich
	Assorted Salad			<ul> <li>Assorted Salad</li> </ul>
	Assorted Fruit & Fresh Veggies	Assorted Fruit & Fresh Veggies	Assorted Fruit & Fresh Veggies	Assorted Fruit & Fresh Veggies



Dana Irwin (253)343-2288

Dana.Irwin@compass-usa.com MENU SUBJECT TO CHANGE

### What's on the Menu?

January 8 - 12		Montesano JR/SR High School		
January 8	January 9	January 10	January 11	January 12
			National Milk Day	
		Breakfast		
Mini Cinni	Pancake on a Stick	Maple Pancakes	Smoothie & Graham Cracker	Blueberry Waffles
Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars
Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit
		Lunch		
ENTRÉE CHOICES	ENTRÉE CHOICES	ENTRÉE CHOICES	ENTRÉE CHOICES	ENTRÉE CHOICES
<ul> <li>Teriyaki Dippers Steamed Rice</li> <li>Assorted Pizza</li> <li>Spicy Chicken Sandwich</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>	<ul> <li>Cheese Quesadilla</li> <li>Assorted Pizza</li> <li>Cheesy Breadsticks</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>	<ul> <li>Breakfast Bowl Biscuit, Scrambled Eggs, Tater Tots With Gravy</li> <li>Assorted Pizza</li> <li>Corn Dog</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Sandwich Bar</li> <li>Assorted Salad</li> </ul>	<ul> <li>Sloppy Joes Oven Fries</li> <li>Assorted Pizza</li> <li>Chicken Nuggets</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>	<ul> <li>Supreme Pizza</li> <li>Assorted Pizza</li> <li>Spicy Chicken Sandwich</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>
Assorted Fruit & Fresh Veggies CONTACT US: Angela Hunsaker (360) 486-4202	Assorted Fruit & Fresh Veggies Dana Irwi (253)343-23			Assorted Fruit & Fresh Veggies

Angela.Hunsaker@compass-usa.com Dana.Irwin@compass-usa.com

# What's on the Menu?

January 15 - 19		Montesano JR/SR High School		
January 15	January 16	January 17	January 18	January 19
		Breakfast		
	Cherry Frudel	Muffin	Fruit Parfait	Berry French Toast
NO SCHOOL	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars	Assorted Cereal and Cereal Bars
	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit	Assorted 100% Fruit Juice & Fresh Fruit
		Lunch		
	ENTRÉE CHOICES	ENTRÉE CHOICES	ENTRÉE CHOICES	ENTRÉE CHOICES
	<ul> <li>Mexican Rice &amp; Crispito</li> </ul>	<ul> <li>Toasted Cheese Sandwich</li> </ul>	<ul><li>Chicken Alfredo</li><li>Assorted Pizza</li></ul>	<ul><li>Hawaiian Pizza</li><li>Assorted Pizza</li></ul>
	<ul><li>Assorted Pizza</li><li>Cheesy</li></ul>	<ul><li>Tomato Soup</li><li>Assorted Pizza</li></ul>	Chicken     Nuggets	<ul> <li>Spicy Chicken Sandwich</li> </ul>
	Breadsticks <ul> <li>Crispy Chicken</li> <li>Sandwich</li> </ul>	<ul> <li>Corn Dog</li> <li>Crispy Chicken Sandwich</li> </ul>	<ul> <li>Crispy Chicken Sandwich</li> </ul>	<ul> <li>Crispy Chicken Sandwich</li> </ul>
	Cheeseburger	Cheeseburger	Cheeseburger	<ul> <li>Cheeseburger</li> </ul>
	<ul> <li>Deli Sandwich</li> </ul>	<ul> <li>Sandwich Bar</li> </ul>	Deli Sandwich	<ul> <li>Deli Sandwich</li> </ul>
	Assorted Salad	Assorted Salad	<ul> <li>Assorted Salad</li> </ul>	<ul> <li>Assorted Salad</li> </ul>
	Assorted Fruit & Fresh Veggies	Assorted Fruit & Fresh Veggies	Assorted Fruit & Fresh Veggies	Assorted Fruit & Fresh Veggies

CONTACT US: Angela Hunsaker (360) 486-4202 Angela.Hunsaker@ compass-usa.com MENU SUBJECT TO CHANGE Dana Irwin (253)343-2288 Dana.Irwin@compass-usa.com This

serving up happy & healthy

# What's on the Menu?

January 22 -	- 26	Montesano JR/SR High School		
January 22	January 23	January 24	January 25	January 26
		Breakfast		
Mini Cinni Assorted Cereal and Cereal Bars Assorted 100% Fruit Juice & Fresh Fruit	Pancake on a Stick Assorted Cereal and Cereal Bars Assorted 100% Fruit Juice & Fresh Fruit	Maple Pancakes Assorted Cereal and Cereal Bars Assorted 100% Fruit Juice & Fresh Fruit	Smoothie & Graham Cracker Assorted Cereal and Cereal Bars Assorted 100% Fruit Juice & Fresh Fruit	Blueberry Waffles Assorted Cereal and Cereal Bars Assorted 100% Fruit Juice & Fresh Fruit
	d Hesh Huit	Lunch	d nosin nuit	d ricon ridit
<ul> <li>ENTRÉE CHOICES</li> <li>Orange Chicken Steamed Rice</li> <li>Assorted Pizza</li> <li>Spicy Chicken Sandwich</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>	<ul> <li>ENTRÉE CHOICES</li> <li>Macho Nachos Assorted Toppings</li> <li>Assorted Pizza</li> <li>Cheesy Breadsticks</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>	<ul> <li>ENTRÉE CHOICES</li> <li>French Toast Sausage</li> <li>Assorted Pizza</li> <li>Corn Dog</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Sandwich Bar</li> <li>Assorted Salad</li> </ul>	<ul> <li>ENTRÉE CHOICES</li> <li>Pulled Pork Sandwich</li> <li>Assorted Pizza</li> <li>Chicken Nuggets</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>	<ul> <li>ENTRÉE CHOICES</li> <li>All Meat Pizza</li> <li>Assorted Pizza</li> <li>Spicy Chicken Sandwich</li> <li>Crispy Chicken Sandwich</li> <li>Cheeseburger</li> <li>Deli Sandwich</li> <li>Assorted Salad</li> </ul>
Assorted Fruit & Fresh Veggies CONTACT US: Angela Hunsaker (360) 486-4202	Assorted Fruit & Fresh Veggies Dana Ir (253)343-			Assorted Fruit & Fresh Veggies

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### What's on the Menu?

Montesano JR/SR High School January 29 - 31 **January 30 January 31 January 29** National Blueberry **Breakfast Pancake Day** Sausage and **Apple Frudel** Muffin Cheese Pizza Assorted Assorted Assorted Cereal and Cereal Cereal and Cereal Cereal and Cereal Bars Bars Bars Assorted Assorted Assorted 100% Fruit Juice 100% Fruit Juice & Fresh Fruit 100% Fruit Juice & Fresh Fruit & Fresh Fruit Lunch ENTRÉE CHOICES ENTRÉE CHOICES ENTRÉE CHOICES Pancakes Teriyaki Chicken **Cheesy Beef Blueberry Topping** Steamed Rice Taco Sausage Assorted Pizza Assorted Pizza Assorted Pizza Cheesv Corn Dog • Cheesy Breadsticks Crispy Chicken **Breadsticks**  Crispy Chicken Sandwich Crispy Chicken Sandwich Sandwich Cheeseburger Cheeseburger Cheeseburger Sandwich Bar Deli Sandwich • Deli Sandwich Assorted Salad Assorted Salad Assorted Salad Assorted Fruit & Assorted Fruit & Assorted Fruit & **Fresh Veggies** Fresh Veggies Fresh Veggies CONTACT US: MENU SUBJECT TO CHANGE Dana Irwin Angela Hunsaker serving up happy & healthy (253)343-2288 (360) 486-4202 Dana.Irwin@compass-usa.com Angela.Hunsaker@ compass-usa.com