

# JANUARY 2023

# BONNEVILLE ACADEMY

## LUNCH



**Lunch Prices**  
K-5<sup>th</sup> \$2.35  
6<sup>th</sup>-8<sup>th</sup> \$2.50

**\*Menu items subject to change w/out notice**

**\*Salad Bar Served Daily**



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### MONDAY

NO SCHOOL 2  
  
WINTER BREAK

Macaroni & Cheese 9  
Fresh Baked Roll  
Green Beans & Fruit  
Salad Bar Variety & Milk

NO SCHOOL 16  
  
HUMAN RIGHTS DAY

Hamburger 23  
French Fries  
Pickle Wedges  
Fruit & Salad Bar Variety  
Milk

Popcorn Chicken 30  
French Fries  
Apples & Corn  
Salad Bar Variety & Milk

### TUESDAY

Chicken Tacos 3  
Black Bean Salsa & Fritos  
Peach Slices  
Salad Bar Variety & Milk

Chicken Fajitas 10  
Rice  
Pear Halves  
Salad Bar Variety & Milk

Walking Tacos (beef) 17  
Rice  
Orange Wedges  
Salad Bar Variety & Milk

Cheese & Chicken Quesadilla 24  
Rice  
Mandarin Orange Cup  
Salad Bar Variety & Milk

Taco Sticks 31  
Black Bean Salsa & Fritos  
Salad Bar Variety  
Milk

### WEDNESDAY

Pizza & Breadsticks 4  
Apples & Nutella or P.B  
Salad Bar Variety  
Milk & Rice Krispie Treat

Pizza & Breadsticks 11  
Bananas & Nutella or P.B  
Salad Bar Variety  
Milk & Brookies

Pizza & Breadsticks 18  
Apples & Nutella or P.B  
Salad Bar Variety  
Milk & Cookie

Pizza & Breadsticks 25  
Bananas & Nutella or P.B  
Salad Bar Variety  
Milk & Juicy Gel

### THURSDAY

BBQ Pork Sandwich 5  
Goldfish Crackers  
Mango or Peach Cup  
Salad Bar Variety  
Milk

Sloppy Joes 12  
French Fries  
Mixed Veggies & Fruit  
Salad Bar Variety & Milk

Corn Dogs 19  
Doritos  
Applesauce  
Salad Bar Variety & Milk

Grilled Cheese 26  
Tomato Soup  
Grapes  
Salad Bar Variety & Milk

### FRIDAY

Hot Dog or Chili Dog 6  
French Fries  
Cucumbers & Fruit  
Salad Bar Variety & Milk

NO SCHOOL 13  
  
TEACHER WORK DAY

Pretzel Twist w/Cheese Cup 20  
Peach Slices  
Salad Bar Variety  
Milk

Chicken Alfredo 27  
Broccoli  
Apple Variety  
Salad Bar Variety & Milk



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## BREAKFAST



**Breakfast Prices:**  
K-5<sup>th</sup> \$1.50  
6<sup>th</sup>-8<sup>th</sup> \$1.60

\* Menu items subject to change w/o notice

\*\*Cereal & Fruit Served Daily



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

### MONDAY

NO SCHOOL 2  
  
WINTER BREAK

Bagels & Cream Cheese 9  
Yogurt & Fruit  
Milk & Juice

NO SCHOOL 16  
  
HUMAN RIGHTS DAY

Bagels & Cream Cheese 23  
Yogurt & Fruit  
Milk & Juice

Warm Breakfast Bread 30  
Yogurt & Fruit  
Milk & Juice

### TUESDAY

Pop Tarts or Cereal Bar 3  
  
String Cheese & Fruit  
  
Milk & Juice

Pop Tarts Or Cereal Bar 10  
String Cheese & Fruit  
Milk & Juice

Pop Tarts or Cereal Bar 17  
String Cheese & Fruit  
Milk & Juice

Pop Tarts or Cereal Bar 24  
String Cheese & Fruit  
Milk & Juice

Pop Tarts or Cereal Bar 31  
String Cheese & Fruit  
Milk & Juice

### WEDNESDAY

Muffins & Bacon 4  
  
Hashbrown Pattie  
  
Milk & Juice

Pancakes & Sausage 11  
Hashbrown Pattie  
Milk & Juice

Waffles & Bacon 18  
Hashbrown Pattie  
Milk & Juice

Muffins & Sausage 25  
Hashbrown Pattie  
Milk & Juice



### THURSDAY

French Toast Mini's 5  
  
Eggs & Yogurt  
  
Milk & Juice

French Toast Sticks 12  
Eggs & Yogurt  
Milk & Juice

French Toast Mini's 19  
Eggs & Yogurt  
Milk & Juice

Cinnamon Rolls 26  
Eggs & Yogurt  
Milk & Juice

### FRIDAY

Fruit & Granola Parfait 6  
  
Juice & Milk

NO SCHOOL 13  
  
TEACHER WORK DAY

Fruit & Granola Parfait 20  
Juice & Milk

Fruit & Granola Parfait 27  
Juice & Milk

