



PAY FOR MEALS ONLINE
MySchoolBucks.com

JANUARY 2022

Cold Springs School

Pre-K lunch offered with 1% or fat free white milk only
Kindergarten Lunch offered white milk or chocolate milk
Lactaid milk available upon request
Milk with home lunch costs \$.50(fifty)

Breakfast & Lunch are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
No School ³ 	LUNCH ⁴ Soft Taco Day, Seasoned Beef Lettuce, tomato, Cheese & Salsa, Corn & Beans Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH ⁵ Spaghetti & Meatballs, Served with Mixed Veggies & Fruit Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH ⁶ Pizza Thursday, Cheese Pizza, Veggie Sticks & dip School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH ⁷ Chicken Patty on a Whole Grain roll, Lettuce, Tomato, Pickles, chips Alt: Ham & Cheese & WG snack
LUNCH ¹⁰ Chicken nuggets Oven Fries, Mixed Veggies, Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH ¹¹ Pizza Quesadilla & Pepper strips & fruit Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH ¹² Chicken Sandwich on a WG bun Served with oven fries & Fruit Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH ¹³ Pizza Thursday, Cheese Pizza, Veggie Sticks & dip School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH ¹⁴ Fish Sticks Friday Oven fries, tartar sauce Alt: Ham & Cheese & WG snack
No School ¹⁷ Martin Luther King Day observed	LUNCH ¹⁸ Crunchy Taco Day, Seasoned chicken Lettuce, tomato, Cheese & Salsa, Corn & Garlicky Black beans Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH ¹⁹ Chicken Tenders with Butter Noodles & Mixed Vegetables, & Fruit Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH ²⁰ Pizza Thursday, Cheese Pizza, Veggie Sticks & dip School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH ²¹ Hot Dog on a Whole Grain bun, Vegetarian baked beans & Corn Alt: Ham & Cheese & WG snack
LUNCH ²⁴ Chicken & Rice Mixed Vegetables, & Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit	LUNCH ²⁵ Mozzarella Stick with marinara Pepper strips & fruit Alt: 2oz WG bagel w/cream cheese, 4oz yogurt	LUNCH ²⁶ Breakfast for Lunch Sausage, French Toast Sticks, Hash browns, & Fruit Alt: WG maple pancakes or waffles, 2oz sunflower seeds & Cheese Stick	LUNCH ²⁷ Pizza Thursday, Cheese Pizza, Veggie Sticks & dip School baked WG cookie Alt: 4oz Yogurt cup & WG Snack with Veggie Sticks & dip	LUNCH ²⁸ Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, chips Alt: Ham & Cheese & WG snack
LUNCH ³¹ Popcorn Chicken, Mashed Potatoes, Gravy & Corn, Fruit Alt: WG 2ozCereal meal, 4oz juice, Cheese stick, Fruit				

Menu is subject to change.

Morning Pre-k can receive Breakfast from this menu.
 Afternoon Pre K can receive Alternative lunch option choice from this menu
 School entrée alternative listed on this menu includes Veggies, fruit & milk
 This institution is an equal opportunity provider

Breakfast Choices: Monday: Muffin Meal, Tuesday: Cinnamon Roll or Bar, Wednesday: Quick Bread, Thursday: WG Pastry, Friday: Multi Grain Breakfast Bar: All juice is 100% juice, each breakfast comes with ½ cup fruit, fruit Juice & or milk & All options are made using Whole Grain