



USDA & Colby Public Schools are Equal Opportunity Employers and Providers.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL 1

NO SCHOOL 2

NO SCHOOL 3

Chicken Nuggets 4
Oven Fries
Pork & Beans
Green Beans
Mandarin Oranges

French Toast 5
Sausage Patty
Hash Brown
Juice Choice
Apricot Halves

Chicken Fried Steak 8
Mashed Potatoes & Gravy
Mixed Vegetables
Whole Grain Roll
Tropical Fruit

Pizza 9
Garden Salad
Baby Carrots
Orange Wedges

Taco Soup 10
Chips & Salsa
Black Bean & Corn Salsa
Baby Carrots
Apples w/Cinnamon

Chicken Tetrzzini 11
Garden Salad w/Spinach
California Blend Vegetables
Breadstick
Pineapple Rings

Corn Dog 12
Tater Tots
Pork & Beans
Green Beans
Sliced Pears

NO SCHOOL 15

Cheese Breadsticks w/Marinara 16
Garden Salad
Broccoli w/cheese
Apple Slices

Ham & Cheese Sub 17
Lettuce & Tomato
Sun Chips
Baby Carrots
Fruit Choice

Salisbury Steak 18
Mashed Potatoes & Gravy
California Blend Vegetables
Whole Grain Breadsticks
Orange Wedges

Quesadilla 19
Refried Beans
Lettuce/Tomato/Salsa
Mexi-Corn
Rosy Applesauce

Hamburger on Bun 22
Sweet Potato Fries
Pork & Beans
Lettuce & Tomato
Pineapple Chunks

Spaghetti & Meatballs 23
Garlic Breadstick
Corn
Garden Salad
Orange Wedges

Super Nachos 24
Lettuce/Tomato/Salsa
Guacamole
Seasoned Peas
Apple Salad

Grilled Chicken Sandwich 25
Potato Wedges
Lettuce & Tomato
Mixed Vegetables Tropical Fruit

Hot Dog on Bun 26
Baked Beans
Tater Tots
Cucumber Slices
Apple Slices

Chicken & Noodles 29
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Apple Slices

Burrito 30
Refried Beans
Mexi-Corn
Lettuce/Tomato/Salsa Rosy
Applesauce

Pizza 31
Garden Salad
Baby Carrots
Orange Wedges



Choice of Milk Daily

Menu Subject to Change



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Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL 1

NO SCHOOL 2

NO SCHOOL 3

Chicken Nuggets 4
Oven Fries
Pork & Beans
Green Beans
Mandarin Oranges

French Toast 5
Sausage Patty
Hash Brown
Juice Choice
Apricot Halves

Chicken Fried Steak 8
Mashed Potatoes & Gravy
Mixed Vegetables
Whole Grain Roll
Tropical Fruit

Pizza 9
Garden Salad
Baby Carrots
Orange Wedges

Taco Soup 10
Chips & Salsa
Black Bean & Corn Salsa
Baby Carrots
Apples w/Cinnamon

Chicken Tetrizzini 11
Garden Salad w/Spinach
California Blend Vegetables
Breadstick
Pineapple Rings

Corn Dog 12
Tater Tots
Pork & Beans
Green Beans
Sliced Pears

NO SCHOOL 15

Cheese Breadsticks w/Marinara 16
Garden Salad
Broccoli w/cheese
Apple Slices

Ham & Cheese Sub 17
Lettuce & Tomato
Sun Chips
Baby Carrots
Fruit Choice

Salisbury Steak 18
Mashed Potatoes & Gravy
California Blend Vegetables
Whole Grain Breadsticks
Orange Wedges

Quesadilla 19
Refried Beans
Lettuce/Tomato/Salsa
Mexi-Corn
Rosy Applesauce

Hamburger on Bun 22
Sweet Potato Fries
Pork & Beans
Lettuce & Tomato
Pineapple Chunks

Spaghetti & Meatballs 23
Garlic Breadstick
Corn
Garden Salad
Orange Wedges

Super Nachos 24
Lettuce/Tomato/Salsa
Guacamole
Seasoned Peas
Apple Salad

Grilled Chicken Sandwich 25
Potato Wedges
Lettuce & Tomato
Mixed Vegetables Tropical Fruit

Hot Dog on Bun 26
Baked Beans
Tater Tots
Cucumber Slices
Apple Slices

Chicken & Noodles 29
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Apple Slices

Burrito 30
Refried Beans
Mexi-Corn
Lettuce/Tomato/Salsa Rosy
Applesauce

Pizza 31
Garden Salad
Baby Carrots
Orange Wedges

Choice of Milk Daily
Garden Bar Daily
Menu Subject to Change



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Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL 1

NO SCHOOL 2

NO SCHOOL 3

Chicken Nuggets 4
Oven Fries
Pork & Beans
Green Beans
Mandarin Oranges

French Toast 5
Sausage Patty
Hash Brown
Juice Choice
Apricot Halves

Chicken Fried Steak 8
Mashed Potatoes & Gravy
Mixed Vegetables
Whole Grain Roll
Tropical Fruit

Pizza 9
Garden Salad
Baby Carrots
Orange Wedges

Taco Soup 10
Chips & Salsa
Black Bean & Corn Salsa
Baby Carrots
Apples w/Cinnamon

Chicken Tetrazzini 11
Garden Salad w/Spinach
California Blend Vegetables
Breadstick
Pineapple Rings

Corn Dog 12
Tater Tots
Pork & Beans
Green Beans
Sliced Pears

NO SCHOOL 15

Cheese Breadsticks w/Marinara 16
Garden Salad
Broccoli w/cheese
Apple Slices

Ham & Cheese Sub 17
Lettuce & Tomato
Sun Chips
Baby Carrots
Fruit Choice

Salisbury Steak 18
Mashed Potatoes & Gravy
California Blend Vegetables
Whole Grain Breadsticks
Orange Wedges

Quesadilla 19
Refried Beans
Lettuce/Tomato/Salsa
Mexi-Corn
Rosy Applesauce

Hamburger on Bun 22
Sweet Potato Fries
Pork & Beans
Lettuce & Tomato
Pineapple Chunks

Spaghetti & Meatballs 23
Garlic Breadstick
Corn
Garden Salad
Orange Wedges

Super Nachos 24
Lettuce/Tomato/Salsa
Guacamole
Seasoned Peas
Apple Salad

Grilled Chicken Sandwich 25
Potato Wedges
Lettuce & Tomato
Mixed Vegetables Tropical Fruit

Lasagna 26
Garden Salad
Corn
Garlic Toast
Peach Slices

Chicken & Noodles 29
Mashed Potatoes
Steamed Broccoli
Whole Grain Roll
Apple Slices

Burrito 30
Refried Beans
Mexi-Corn
Lettuce/Tomato/Salsa Rosy
Applesauce

Pizza 31
Garden Salad
Baby Carrots
Orange Wedges

Choice of Milk Daily
Garden Bar Daily
Additional Fruit Choice Daily
Menu Subject to Change

January 2018

Colby K-8

BREAKFAST



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Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

4

Pancakes w/Syrup
Peaches Slices

5

Scramble Eggs
Toast

8

Kansas Granola Bar
Pear Halves

9

French Toast Sticks
Apple Slices

10

Yogurt Cup
Graham Crackers
Peach Halves

11

Egg Taco w/Salsa
Applesauce

12

Blueberry Muffin
Tropical Fruit

15

NO SCHOOL

16

Breakfast Pizza
Fruit Choice

17

Waffle Sticks w/Syrup
Peaches Halves

18

Cinnamon Swirl Muffin
Orange Wedges

19

Biscuit & Gravy
Cinnamon Applesauce

22

Oatmeal Round
Pineapple Tidbits

23

Chicken & Biscuit Sandwich
Sliced Pears

24

Pancake & Sausage
on a Stick
Peach Slices

25

Breakfast Burrito
Apple Slices

26

Cinnamon Toaster Pastry
Pineapple Rings

29

Sausage & Cheese on an
English Muffin
Fruit Cocktail

30

Cinnamon Roll
Orange Wedges

31

Cereal & String Cheese
Applesauce



Choice of Milk Daily

Choice of Juice Daily

Menu Subject to Change

January 2018

Colby High School

BREAKFAST



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Monday

Tuesday

Wednesday

Thursday

Friday

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

4

Pancakes w/Syrup
Peaches Slices

5

Scramble Eggs
Toast

8

Kansas Granola Bar
Pear Halves

9

French Toast Sticks
Apple Slices

10

Yogurt Cup
Graham Crackers
Peach Halves

11

Egg Taco w/Salsa
Applesauce

12

Blueberry Muffin
Tropical Fruit

15

NO SCHOOL

16

Breakfast Pizza
Fruit Choice

17

Waffle Sticks w/Syrup
Peaches Halves

18

Cinnamon Swirl Muffin
Orange Wedges

19

Biscuit & Gravy
Cinnamon Applesauce

22

Oatmeal Round
Pineapple Tidbits

23

Chicken & Biscuit Sandwich
Sliced Pears

24

Pancake & Sausage
on a Stick
Peach Slices

25

Breakfast Burrito
Apple Slices

26

Cinnamon Toaster Pastry
Pineapple Rings

29

Sausage & Cheese on an
English Muffin
Fruit Cocktail

30

Cinnamon Roll
Orange Wedges

31

Cereal & String Cheese
Applesauce



Choice of Milk Daily

Choice of Juice Daily

Menu Subject to Change