Breakfast MONDAY Lunch		Breakfast TUESDAY Lunch		Breakfast WEDNESDAY Lunch		Breakfast THURSDAY Lunch		Breakfast FRIDAY Lunch	
				l Happy New Year's Day		Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Ravioli 5pcs Turkey Meatballs 2oz in Marinara Sauce Tuscan Veggie 3/4C Bread Stick 2oz Fruit 1 cup Milk 8 oz	3 WG French Toast Sticks 20z/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Chicken Salad 3oz Wrap/Bread 2oz Green Salad 1 C Tomato 1/4 Cup Cucumber 1/4C Sweet Potato Fries 1/2 Cup Sun Chip 1 oz Regular Diet Only Fruit 1 cup Milk 1 cup
6 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Cheeseburger: Beef Patty 2oz/1pc Amer Cheese 1oz/2 slices WW Bun 2oz Baked Bean1/2 C French Fries 3/4 C Fruit 1 Cup Milk 1 Cup	Turkey Sausage Patty 1.5 oz WG Bun 2 oz Fruit 1/2 cup Milk 1 cup Juice 1/2 cup	Chicken Tenders 3pcs/3 oz Green Peas 3/4 C Roasted Sweet Potato 3/4 C WG Bread Stick 2oz/1 pc Fruit 1 cup Milk 1 cup	WG Pancakes 20z/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 4 oz Spinach 1/2 cup Salad 1 cup Diced Tomato 1/4C Cucumber 1/4 cup Fruit 1 cup Milk 1 cup	9 WG Waffles 20z/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Turkey Taco Meat 2 oz Cheese 1 oz WG Tortilla Chips 2 oz Mixed Salad 1 C Diced Tomatoes 1/2 cup Fruit 1 cup Milk 8 oz	WG French Toast Sticks 20z/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Tuna Salad 3oz Wrap/Bread 2oz Salad 1 Cup Tomato 1/4 cup Cucumber 1/4C Sweet Potato Fries 1/2 cup WG White Doritos 1.5oz Reg Diet Only Fruit 1 cup Milk 1 cup
Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Chicken Patty 2oz Amer. Cheese 1oz/2slices WG Bun 2 oz Roasted Sweet Potato 1/2 Cup Baked Beans 1/2 C Fruit 1 cup Milk 1 cup	Egg Patty 1 pc/ loz Amer Cheese lpc/0.5oz WG Bun 2 oz Fruit 1/2 cup Milk 1 cup Juice 1/2 cup	Penne Pasta 3/4c Beef Crumbles 2oz in Marinara Sauce 1/4 cup Bread Stick 2oz Tuscan Veggies 3/4 cup Fruit 1 cup Milk 8 oz	WG Pancakes 20z/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Chicken Gravy Rice 1/2 cup Salad 1 cup Diced Tomato 1/2 Cup Green Beans 1/2C WG Biscuit Fruit 1 cup Milk 1 cup	WG Waffles 2oz/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Salisbury Steak: Beef Patty1pcs/4oz Smiley Potatoes 1/2 cup Gravy 1/2 cup Broccoli 1/2 cup WG Bread Stick 2oz/1 pc Fruit 1 cup Milk 1 cup	WG French Toast Sticks 20z/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Salad 3oz Wrap/Bread 2oz Green Salad 1 C Tomato 1/4 Cup Cucumber 1/4C Sweet Potato Fries 1/2 Cup Sun Chip 1 oz Reg Diet Only Fruit 1 cup Milk 1 cup
20 Martin Luther King Day School Closed		Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Chicken Tenders 3pcs/3 oz Green Peas 3/4 C Roasted Sweet Potato 3/4 C WG Bread Stick 2oz/1 pc Fruit 1 cup Milk 1 cup	WG Pancakes 20z/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 4 oz Spinach 1/2 cup Black Beans 1/2 C Salad 1 cup Diced Tomato 1/4C Cucumber 1/4 cup Fruit 1 cup Milk 1 cup	WG Waffles 2oz/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup 3	WG Ravioli 5pcs Turkey Meatballs 2oz in Marinara Sauce Tuscan Veggie 3/4C Bread Stick 2oz Fruit 1 cup Milk 8 oz	WG French Toast Sticks 20z/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Tuna Salad 3oz Wrap/Bread 2oz Salad 1 Cup Tomato 1/4 cup Cucumber 1/4C Sweet Potato Fries 1/2 cup WG White Doritos 1.5oz Reg Diet Only Fruit 1 cup Milk 1 cup
Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Chicken Patty 2oz Amer. Cheese 1oz/2slices WG Bun 2 oz Roasted Sweet Potato 1/2 Cup Baked Beans 1/2 C Fruit 1 cup Milk 1 cup	28 Egg Patty 1 pc/ 1oz Amer Cheese 1pc/0.5oz WG Bun 2 oz Fruit 1/2 cup Milk 1 cup Juice 1/2 cup	Penne Pasta 3/4c Beef Crumbles 2oz in Marinara Sauce 1/4 cup Bread Stick 2oz Tuscan Veggies 3/4 cup Fruit 1 cup Milk 8 oz	WG Pancakes 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Chicken Gravy Rice 1/2 cup Salad 1 cup Diced Tomato 1/2 Cup Green Beans 1/2C WG Biscuit Fruit 1 cup Milk 1 cup	30 WG Waffles 2oz/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Salisbury Steak: BeefPatty1pcs/4oz Smiley Potatoes 1/2 cup Gravy 1/2 cup Broccoli 1/2 cup WG Bread Stick 2oz/1 pc Fruit 1 cup Milk 1 cup	WG French Toast Sticks 20z/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Salad 3oz Wrap/Bread 2oz Green Salad 1 C Tomato 1/4 Cup Cucumber 1/4C Sweet Fries 1/2 C Sun Chip 1 oz Reg Diet Only Fruit 1 cup Milk 1 cup

Pillar High School

Return Order Slip for January 2025

	Full P	rice		
Date	Breakfast	Lunch		
	\$ 2.00	\$3.15		
2				
3				
6				
7				
8				
9				
10				
13				
14				
15				
16				
17				
20	SCHOOL	CLOSED	MLK Day	
21				
22				
23				
24				
27				
28				
29				
30				
31				

Check dates to order meals. Full payment for all
meals ordered must accompany this form

Total Breakfasts@ \$2.00 ordered = \$
Total Lunches @ \$3.15 ordered = \$
Total Amount Enclosed \$
Student Name
Parent/Guardian Name
Teacher Name
Meals Served in School

Please check off the day's your child needs a meal and return to school with payment if applicable.

Breakfast/Lunch Menu-January 2025

MILK IS PROVIDED WITH EACH BREAKFAST & LUNCH. Please note: If an alternative meal is required due to a food allergy, indicate on your order form and we will provide a substitute meal that day. Juice will only be served twice a week in AM.

MEALS ARE SUBJECT TO CHANGE DUE TO ON-GOING SUPPLY CHAIN ISSUES.