

K-12 Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 2023

DID YOU KNOW.....

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk
Skim Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian items are indicated with a "V"



<p>2 Multi-Grain Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice</p>	<p>3 Strawberry Yogurt w/ Graham Crackers Or Apple Frudel Fresh Apple & Diced Pineapple</p>	<p>4 Banana Muffin Or Waffles Diced Peaches 100% Grape Juice</p>	<p>5 Blueberry Shredded Wheat w/ Graham Crackers Or Pancakes w/ Syrup Applesauce & 100% Orange Juice</p>	<p>6 Cinnamon Crips Bar Raisins & 100% Grape Juice</p>
<p>9 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice</p>	<p>10 Strawberry Yogurt w/ Graham Crackers Or Waffles Diced Pineapple & 100% Apple Juice</p>	<p>11 Strawberry Shredded Wheat Cereal w/ Graham Crackers Or French Toast w/ Syrup Diced Peaches & 100% Grape Juice</p>	<p>12 Plain Bagel w/ Cream Cheese Or Cinnamon Bun V Applesauce & 100% Orange Juice</p>	<p>13 Multi-Grain Cinnamon Flakes w/ Graham Crackers Raisins & 100% Grape Juice</p>
<p>16 Cinnamon Crips Bar Raisins & 100% Grape Juice</p>	<p>17 Strawberry Yogurt w/ Graham Crackers Or Pancakes w/ Syrup Diced Pineapple & 100% Apple Juice</p>	<p>18 Multi-Grain Cinnamon Flakes w/ Graham Crackers Or Apple Frudel Diced Peaches & 100% Grape Juice</p>	<p>19 Plain Bagel w/ Cream Cheese Or Waffles w/ Syrup V Applesauce & 100% Orange Juice</p>	<p>20 Blueberry Muffin Fresh Orange & 100% Pineapple Juice</p>
<p>23 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce</p>	<p>24 Strawberry Yogurt w/ Graham Crackers Or French Toast w/ Syrup Diced Peaches & 100% Grape Juice</p>	<p>25 Cinnamon Raisin Bagel w/ Butter Or French Toast w/ Syrup Applesauce & 100% Orange Juice</p>	<p>26 Honey Bunches of Oats w/ Graham Crackers Or Cinnamon Bun Fresh Apple & 100% Orange Juice</p>	<p>27 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice</p>
<p>30 Multi-Grain Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice</p>	<p>31 Strawberry Yogurt w/ Graham Crackers Or Apple Frudel Fresh Apple & Diced Pineapple</p>			

K-8 Lunch Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Lunch Milk Choices
1% Milk
Skim Chocolate Milk

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<p>2 Chicken Nuggets Baked Beans Or Falafel Bites V over Quinoa Pita Black Beans & Tomato Fresh Apple</p>	<p>3 Macaroni & Cheese V Steamed Broccoli Or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Steamed Broccoli Fresh Pear</p>	<p>4 Chicken Tarrale w/ Spanish Brown Rice Refined Beans Or Curry Lentil Stew V over Brown Rice Green Beans Fresh Apple</p>	<p>5 Beef Meatloaf w/ Gravy WW Bun Mashed Potatoes Or Veggie Burger V on WW Bun Roasted Potatoes Fresh Banana</p>	<p>6 French Bread Cheese Pizza Fresh Baby Carrots w/ Ranch Dressing Or Turkey & Cheese Sandwich Fresh Baby Carrots Fresh Apple</p>
<p>9 Cheese Quesadilla V Mexican Corn Salad Or Beef Salisbury w/ Gravy WW Bread Roasted Potatoes Fresh Apple</p>	<p>10 Chicken & Vegetable Dumplings Oriental Vegetables Or Edamame Noodle Bowl V Blended Vegetables Fresh Pear</p>	<p>11 BBQ Chicken over Brown Rice Baked Beans Or Chickpea Marinara V w/ Cheese over Pasta Fresh Apple</p>	<p>12 Stuffed Cheese Sticks V Marinara Sauce 100% Sun Splash Veg Juice Or Turkey Fajita w/ Brown Rice Carrots Fresh Banana</p>	<p>13 Cheese Pizza V Garden Salad w/ Ranch Dressing Or Chicken Breast Sandwich w/ Mayo Garden Side Salad w/ Ranch Fresh Apple</p>
<p>16 Cheese Beef Burger on WW Bun Roasted Potatoes Or Egg & Cheese Sandwich w/ Ketchup and Roasted Potatoes Fresh Apple</p>	<p>17 Fajita Chicken over Brown Rice Black Beans & Tomatoes Or Spanish Rice w/ Cheese V Kidney Beans Fresh Pear</p>	<p>18 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Or Veggie Burger V on WW Bun Garden Salad w/ Ranch Dressing Fresh Apple</p>	<p>19 Cheese Raviolis V w/ Tomato Sauce Green Beans Or Cobb Salad V w/ Romaine Lettuce Pita Bread Fresh Banana</p>	<p>20 French Bread Cheese Pizza V Fresh Baby Carrots Or Turkey & Cheese Sandwich Fresh Baby Carrots Fresh Apple</p>
<p>23 BBQ Beef Meatballs WW Club Roll Steamed Broccoli Or Pasta w/ Tomato Sauce V & Mozzarella Cheese Steamed Broccoli Fresh Apple</p>	<p>24 Turkey Hot Dog on WW Bun Baked Beans Or Spanish Rice w/ Cheese V Kidney Beans Fresh Pear</p>	<p>25 Chicken Tenders Roasted Potatoes Or Protein Pasta Alfredo w/ WW Bread Slice and Steamed Peas Fresh Apple</p>	<p>26 Cheese Lasagna w/ Tomato Sauce Green Beans Or Chicken Caesar Salad w/ Romaine Lettuce Pita Bread Fresh Banana</p>	<p>27 Cheese Pizza V Fresh Baby Carrots w/ Ranch Dressing Or Chicken Breast Sandwich Fresh Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>30 Chicken Nuggets Baked Beans Or Falafel Bites V over Quinoa Pita Black Beans & Tomato Fresh Apple</p>	<p>31 Macaroni & Cheese V Steamed Broccoli Or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Steamed Broccoli Fresh Pear</p>			

USDA is an equal opportunity provider and employer.

K-12 Snack Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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2 WG Pretzels 100% Orange Juice	3 WG Graham Crackers 100% Fruit Juice	4 WG Blueberry Muffin String Cheese	5 WG Graham Crackers w/ Non-Fat Raspberry Yogurt	6 WG Tostitos 100% Apple Juice
9 WG Cheez-its 100% Fruit Juice	10 WG Corn Muffin Roasted Sunflower Seeds	11 WG Graham Crackers 100% Apple Juice	12 String Cheese Fresh Large Apple	13 WG Pretzels 100% Orange Juice
16 WG Blueberry Muffin 100% Fruit Juice	17 WG Cheez-its Baby Carrots w/ Ranch Dressing	18 WG Pretzels 100% Orange Juice	19 String Cheese Fresh Large Apple	20 WG Graham Crackers 100% Orange Juice
23 WG Banana Muffin 100% Orange Juice	24 WG Tostitos Scoops 100% Fruit Juice	25 WG Graham Crackers Non-Fat Strawberry Yogurt	26 WG Pretzels Fresh Large Apple	27 WG Corn Muffin 100% Orange Juice
30 WG Pretzels 100% Orange Juice	31 WG Graham Crackers 100% Fruit Juice			