

Breakfast K-12

JANUARY 2024

MON	TUE	WED	THU	FRI
1	2	3	4	5
	Strawberry Yogurt w/ Graham Crackers or Apple Slices & Diced Pineapple	Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	Blueberry Muffin Fresh Orange & 100% Strawberry Kiwi Juice
8	9	10	11	12
Banana Muffin Raisins & Applesauce	Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	Frosted Flakes w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	Cinnamon Crisp Bar Raisins & 100% Grape Juice
15	16	17	18	19
	Strawberry Yogurt w/ Graham Crackers or Apple Slices & Diced Pineapple	Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	Plain Bagel w/ Cream Cheese or Cinnamon Bun Apple Slices & 100% Orange Juice	Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
22	23	24	25	26
Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple	Cinnamon Raisin Bagel w/Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	Cherry Cocoa Bar Fresh Pear & 100% Strawberry Kiwi Juice
29	30	31		
Cinnamon Crisp Bar Raisins & 100% Grape Juice	Strawberry Yogurt w/ Graham Crackers or Breakfast Pizza Apple Slices & Diced Pineapple	Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice		

DID YOU KNOW...

- ✓ All grain products are wholegrain 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% Unflavored Milk
- Skim Unflavored Milk

Please Note

- Locally Grown Component Served Daily
- Menu is subject to change
- Vegetarian Meal Option indicated with a "V"



Lunch K-8

JANUARY 2024

MON	TUE	WED	THU	FRI
1 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	2 Chicken Fajita w/ Black Beans & Tomato or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	3 Spaghetti & Beef Meatballs in Tomato Sauce or Pasta in Tomato Sauce w/ Mozzarella Cheese (V) Broccoli Fresh Apple	4 Crispy Cheesy Chicken Biscuit Sandwich & Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana	5 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
8 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	9 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	10 NEW! Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	11 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	12 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
15 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	16 BBQ Chicken w/ Brown Rice & Baked Beans or Chickpea Marinara Pasta (V) Fresh Pear	17 NEW! Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/Green Beans (V) Fresh Apple	18 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	19 Chicken Salad Sandwich or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
22 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	23 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Fresh Pear	24 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	25 Chicken Caesar Salad w/ Pita Bread or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	26 Chicken Breast Sandwich w/ Mayonnaise or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
29 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	30 Chicken Fajita w/ Black Beans & Tomato or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	31 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple		

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