

Breakfast K-12

JANUARY 2024

MON	TUE	WED	THU	FRI
1 School Closed	2 School Closed	3 Cinnamon Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	4 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	5 Blueberry Muffin Fresh Orange & 100% Strawberry Kiwi Juice
8 Banana Muffin Raisins & Applesauce	9 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	10 Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	11 Cinnamon Toast Crunch w/Graham Crackers Apple Slices & 100% Orange Juice	12 Cinnamon Crisp Bar Raisins & 100% Grape Juice
15 School Closed	16 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	17 Honey Cheerios w/ Graham Crackers Diced Peaches & 100% Grape Juice	18 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	19 Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
22 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	23 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	24 Cinnamon Raisin Bagel w/Butter Diced Peaches & 100% Grape Juice	25 Honey Cheerios w/ Graham Crackers Apple Slices & 100% Orange Juice	26 Cherry Cocoa Bar Fresh Pear & 100% Strawberry Kiwi Juice
29 Cinnamon Crisp Bar Raisins & 100% Grape Juice	30 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	31 Cinnamon Flakes w/ Graham Crackers 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 School Closed	2 School Closed	3 Spaghetti & Beef Meatballs in Tomato Sauce Broccoli Fresh Apple	4 Crispy Cheesy Chicken Biscuit Sandwich & Celery Sticks w/ Ranch Dressing Fresh Banana	5 Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
8 Chicken Nuggets w/ Ketchup & Baked Beans Fresh Apple	9 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 French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
15 School Closed	16 BBQ Chicken w/ Brown Rice & Baked Beans Fresh Pear	17 NEW! Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing Fresh Apple	18 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 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 French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
29 Beef Cheeseburger w/ Ketchup 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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Lunch Milk Choices

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Skim Unflavored Milk

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This institution is an equal opportunity provider.