January 2021

K-12 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				January 1, 2021
				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
January 4, 2021	**January 5, 2021**	**January 6, 2021**	**January 7, 2021**	**January 8, 2021**
BREAKFAST Froot Loops ^, Graham Crackers ^, Pear Cup, Apple Cran Juice, Milk **LUNCH** General Tso's Chicken & Noodles Broccoli, Diced Carrots Apple Cran Juice, Peach Cup Chocolate Cookie ^ Milk	**BREAKFAST** Pillsbury Grape Crescent ^, Peach Cup, Blended Fruit Juice, Milk **LUNCH** Chicken Stirps w/Mac & Cheese Baked Beans, Sun Splash Veggie Juice Pear Cup, Grape Juice, Applesauce Honey, Crispy Granola Bites Milk	**BREAKFAST** Banana Muffin ^, String Cheese, Mixed Fruit Cup, Grape Juice, Milk **LUNCH** Nashville (Hot) Popcorn Chicken ^ Flour Tortilla ^ French Fries	**BREAKFAST** Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk **LUNCH** Pizza Dippers ^ Marinara Dipping Sauce Green Beans Applesauce Milk	**BREAKFAST** Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk **LUNCH** Penne Pasta w/Meatsauce ^ Breakstick ^ Mixed Vegetables Peach Cup Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
January 11, 2021	**January 12, 2021**	**January 13, 2021**	**January 14, 2021**	**January 15, 2021**
BREAKFAST Cinnamon Toast Soft Filled Bar ^, Diced Pears, Orange Juice, Milk **LUNCH** Cheesy Chipotle Chicken w/Spanish Rice ^ Cornbread Broccoli Mixed Fruit Cup Milk	**BREAKFAST** Waffles ^, Peach Cup, Apple Cran Juice, Syrup, Milk **LUNCH** Breaded Chicken Nuggets ^ Fiesta Beans Sun Splash Vegetable Juice Pear Cup, BBQ Sauce Milk	**BREAKFAST** Cinnamon Flakes ^, Maple Breakfast Square ^, Pineapple Tidbits, Blended Fruit Juice, Milk **LUNCH** Pancakes w/Sausage ^ Potato Rounds Orange Juice Syrup Milk	**BREAKFAST** Frosted Flakes ^, Apple Bar ^, Craisins, Orange Juice, Milk **LUNCH** Bean & Cheese Burrito ^ Corn Mixed Fruit Cup Salsa Cup Milk	**BREAKFAST** Turkey Ham & Cheese on English Muffin ^, Pineapple Tidbits, Grape Juice, Milk **LUNCH** Kickin Chicken Patty ^ Hamburger Bun ^ Potato Wedges Orange Juice Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
January 18, 2021	**January 19, 2021**	**January 20, 2021**	**January 21, 2021**	**January 22, 2021**
BREAKFAST Froot Loops ^, Graham Crackers, Pear Cup, Apple Cran Juice, **LUNCH** General Tso's Chicken & Noodles ^ Broccoli Peach Cup Chocolate Cookie ^ Milk	**BREAKFAST** Pillsbury Grape Crescent, Peach Cup, Blended Fruit Juice, Milk **LUNCH** Chicken Strips w/Mac & Cheese Baked Beans Sun Splash Vegetable Juice Pear Cup, Applesauce, Honey Milk	**BREAKFAST** Banana Muffin ^, Cheese Stick, Mixed Fruit Cup, Grape Juice, Milk **LUNCH** Hero Sandwich Country Blend Vegetables Pineapple Cup Mustard Milk	**BREAKFAST** Cinnamon Flakes ^, Vanilla Breakfast Square ^, Craisins, Grape Juice, Milk **LUNCH** Chicken Alfredo Breadstick ^ Broccoli Orange Juice Milk	**BREAKFAST** Cheesy Egg Tater Ta-Chos, Granola Bites, Pear Cup, Milk **LUNCH** BBQ Chicken Hamburger Bun ^ Potato Wedges Peach Cup, Ketchup Milk
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
January 25, 2021	**January 26, 2021**	**January 27, 2021**	**January 28, 2021**	**January 29, 2021**
BREAKFAST Double Chocolate Mini Muffin ^, Cheese Stick, Applesauce Cup, Blended Fruit Juice, Milk **LUNCH** Chicken Nuggets ^ Baked Beans Sun Splash Vegetable Juice Applesauce, BBQ Sauce Milk	**BREAKFAST** Pancakes ^, Peach Cup, Orange Juice, Syrup, Milk **LUNCH** Cheese Pizza ^ Green Beans Pear Cup Milk	**BREAKFAST** Trix Cereal ^ Animal Crackers ^, Mixed Fruit Cup, Apple Cran Juice, Milk **LUNCH** Hero Sandwich Country Blend Vegetables Mixed Fruit Cup Mustard Milk	**BREAKFAST** Frosted Flakes ^, Apple Bar ^, Craisins, Orange Juice, Milk **LUNCH** Cheesy Penne Bake ^ Broccoli Pear Cup Chocolate Cookie ^ Milk	**BREAKFAST** Egg & Cheese on a Bagel ^, Pineapple Cup, Grape Juice, Jelly, Milk **LUNCH** Cheesy Chipotle Chicken w/Rice ^ Corn Applesauce Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE WHITE MILK
***** MENU IS SUBJECT TO CHANGE *****
^ Denotes item is whole-grain/whole wheat
****** This institution is an equal opportunity provider ******

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