

# Empire Springs

# January 2019

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			1			2			3			4
		7		8		9			10			11
<b>Lunch</b>			<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>			
Southwest Black Bean + Cheese Burrito #			Chicken Nuggets + Potato Rounds Bread Stick ^		Veggie Burger#^ Turkey Burger^		Nacho Chili Combo w/ Tortilla Chips #		Popcorn Chicken, Mini Cheese Ravioli #			
Chicken Teriyaki Fried Rice			French Toast Sticks+ Sausage ^, Veggie Nuggets		Hotdog^ + Chilli		Crispy Chicken Drumstick		Pepperoni Flatbread			
Salsa, Mixed Vegetables			Sunset Veg Blend		Maple Baked Means		Jalapeno Coins, Corn		Cucumber Coins			
Applesauce Cup			Fresh Apple		Mixed Fruit Cup		Sliced Apple		Orange Tangerine Juice			
		14	<b>Breakfast</b>		15 <b>Breakfast</b>		16 <b>Breakfast</b>		17 <b>Breakfast</b>			18
			Mozzerella String Cheese, Lemon Loaf^		Blueberry Crumble ^		Fruity Cheerios, Animal Graham Crackers		Cinnamon Toast Crunch, Blueberry Muffin			
			Mixed Fruit Cup, Strawberry Kiwi Juice		Graham Crackers, Fresh Apple		Fresh Pear, Blended Fruit Juice		Fresh Apple			
<b>Lunch</b>			<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>			
Chicken Tamale with Green Chile Sauce			Spaghetti + Meatballs(also available vegetarian)		Orange Chicken + Broccoli		Taco Meat with Tortilla Scoops		Chicken Patty Sandwich ^ Turkey Corndog ^			
Cheese + Green Chile Tamale			BBQ Chicken Sandwich^ with Carrots		Cheese Lasagna with Tomato Sauce + Broccoli		Bean + Cheese Pupusa		Monterey Veggie Pattie #^			
Caroteenies, Diced Pears			Green Beans, Mixed Fruit Cup		Pineapple Tidbits		Sliced Apple, Fiesta Beans		Country Vegetables			
			Breadstick ^						Fresh Banana			
		21	<b>Breakfast</b>		22 <b>Breakfast</b>		23 <b>Breakfast</b>		24 <b>Breakfast</b>			25
			Golden Grahams, French Toast Breakfast Square		Bagel ^ + Cream Cheese		Vanilla Yogurt, Cinnamon Oat Granola		Apple Cinnamon Cheerios			
			Pineapple Tidbits, Orange Tangerine Juice		Fresh Apple		Fresh Orange, Applesauce Cup		Graham Crackers, Fresh Apple			
<b>Martin Luther King, Jr. Day</b>			<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>			
			Teriyaki Chicken Fried Rice		General Tso's Chicken + Noodles		Chicken Drumstick + Cornmuffin		French Toast + Sausage or Eggs# ^			
			Pizza Dippers + Marinara		Cheese Flatbread #^		Salsbury Steak + Roll ^ Veggie Nuggets		Chicken Alfredo Pasta			
			Peas, Apple Juice		Sweet Maple Carrots, Fresh Pear		French Fries, Fresh Apple		Mango Veggie Blended Juice			
									Diced Peaches			
<b>Breakfast</b>		28	<b>Breakfast</b>		29 <b>Breakfast</b>		30 <b>Breakfast</b>		31 <b>Breakfast</b>			
Apple Cinnamon Crumble			Blueberry Muffin, Mozzarella String Cheese		Raspberry Yogurt, Cinnamon Oat Granola		Cherry Loaf, Fresh Orange, Pineapple Tidbits					
French Toast Breakfast Square, Applesauce Cup			Grape Juice, Diced Pears		Fresh Apple							
<b>Lunch</b>			<b>Lunch</b>		<b>Lunch</b>		<b>Lunch</b>					
Vegan Chicken Tinga#, SantaFe Chicken + Carrots			Cheese Pupusa, Popcorn Chicken		BBQ Chicken Sandwich^		Cheeseburger^, Veggie Burger^,					
Corn Muffin			Pineapple Tidbits		Southwest Black Bean + Cheese Burrito #		Fresh Nectarine					
Corn, Fresh Pear			Fiesta Beans		Green Beans		Fresh Cucumber Coins					
					Diced Peaches							

\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICKE OF 1% and 0% Milk \*\* ^ DENOTES ITEM IS WHOLE GRAIN/ WHOLE WHEAT

\*\*\* MENU SUBJECT TO CHANGE \*\*\*\* # DENOTES ITEM IS VEGETARIAN \*\*\*\*\* THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER