



# January 2021

## K-12 Breakfast & Lunch

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