

## January 2022

## 6-12 Breakfast & Lunch

MONDAY  January 3, 2022  BREAKFAST  CINNAMON TOAST CRUNCH^, Vanilla Waffle Square^, Dried Cranberries, Grape Juice, Milk LUNCH  STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread^, Milk	January 4, 2022  BREAKFAST  PLAIN BAGEL^, Cream Cheese, Diced Pears, Orange-Tangerine Juice,	WEDNESDAY	0-12 Di Cartast & Luffeli				
BREAKFAST CINNAMON TOAST CRUNCH^, Vanilla Waffle Square^, Dried Cranberries, Grape Juice, Milk LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh	BREAKFAST PLAIN BAGEL^, Cream Cheese,		THURSDAY				
CINNAMON TOAST CRUNCH^, Vanilla Waffle Square^, Dried Cranberries, Grape Juice, Milk LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh	PLAIN BAGEL^, Cream Cheese,	January 5, 2022	January 6, 2022	January 7, 2022			
Vanilla Waffle Square^, Dried Cranberries, Grape Juice, Milk LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh		BREAKFAST	BREAKFAST	BREAKFAST			
Cranberries, Grape Juice, Milk LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh	Diced Pears, Orange-Tangerine Juice	DOUBLE CHOCOLATE MINI	CINNAMON BUN^, Diced Peaches,	POWDERED DONUT^, Applesauce,			
LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh	Milk	MUFFIN^, String Cheese, Applesauce, Fruit Punch, Milk	Apple Juice, Milk	Grape Juice, Milk			
STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh	LUNCH	LUNCH	LUNCH	LUNCH			
Cheese, Tropical Veggie Juice, Fresh	TURKEY HAM & CHEESE			TURKEY BOLOGNA SANDWICH^,			
	SANDWICH <sup>^</sup> , Sun Splash Veggie	TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots,	HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Apple Slices, Mustard,	Fresh Chopped Romaine, Fresh			
	Juice, Fresh Baby Carrots, Light Ranch	Orange-Tangerine Juice, Mustard, Milk	Milk	Broccoli Florets, Light Ranch Dressing,			
,	Dressing, Mixed Fruit, Mustard, Milk	S S , , ,		Fresh Banana, Mustard, Milk			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022			
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST			
FROSTED CORN FLAKES^, Cherry	STRAWBERRY YOGURT, Granola^,	RICE CHEX^, Graham Crackers^,	CINNAMON TOAST CRUNCH	BLUEBERRY MINI MUFFIN^, String			
Breakfast Bar^, Craisins, Orange- Tangerine Juice, Milk	Diced Peaches, Grape Juice, Milk	Fresh Apple, Milk	FILLED BAR^, Fresh Banana, Fruit Punch, Milk	Cheese, Fresh Apple, Milk			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH			
	Leiven	TURKEY BOLOGNA SANDWICH^,		Eciton			
TURKEY & CHEESE SANDWICH <sup>^</sup> , Fresh Baby Carrots, Light Ranch	VANILLA YOGURT, String Cheese,	Fresh Chopped Romaine, Fresh	TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh	HERO SANDWICH^, Italian Corn			
Dressing, Sun Splash Veggie Juice,	Tropical Veggie Juice, Diced Pears,	Cauliflower Florets, Light French	Baby Carrots, Fresh Orange, Mustard,	Salad, Fresh Pear, Mustard, Milk			
Applesauce, Mustard, Milk	Cornbread^, Milk	Dressing, Diced Peaches, Mustard,	Milk	Salad, Fresh Fear, Mastara, Mink			
MONDAY	TUESDAY	Milk WEDNESDAY	THURSDAY	FRIDAY			
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022			
January 17, 2022	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST			
	TRIX^, Maple Breakfast Square^,	BANANA MINI MUFFIN <sup>^</sup> , String	RASPBERRY-CHERRY YOGURT,	GOLDEN GRAHAM CEREAL^,			
MARTIN LUTHER KING, JR. DAY	Dried Cranberries, Fruit Punch, Milk	Cheese, Fresh Apple, Milk	Granola^, Fresh Banana, Grape Juice,	Vanilla Waffle Square^, Fresh Apple,			
			Milk	Milk			
	LUNCH	LUNCH	LUNCH	LUNCH			
	TURKEY HAM & CHEESE SANDWICH^, Sun Splash Veggie	TURKEY & CHEESE SANDWICH^,	HERO SANDWICH^, Italian Corn	TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh			
	Juice, Fresh Baby Carrots, Light Ranch	Hummus Cup, Fresh Baby Carrots,	Salad, Fresh Apple Slices, Mustard,	Broccoli Florets, Light Ranch Dressing,			
		Orange-Tangerine Juice, Mustard, Milk	Milk				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022			
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST			
COCOA PUFFS^,Strawberry Pancake	CHERRY FRUDEL^, Diced Peaches,	BLUEBERRY MINI MUFFIN^, String	CINNAMON CHEX^,Cherry Breakfast	STRAWBERRY YOGURT, Granola^,			
COCOLLI CLIB ,Shawberry Lancake	Fruit Punch, Milk	Cheese, Fresh Apple, Milk	Bar^, Fresh Banana, Orange-Tangerine	Fresh Apple, Milk			
Square^, Dried Cranberries, Apple							
Square^, Dried Cranberries, Apple Juice, Milk			LUNCH	LUNCH			
Square^, Dried Cranberries, Apple	LUNCH			2011011			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH TURKEY & CHEESE SANDWICH^,		TURKEY BOLOGNA SANDWICH^, Fresh Chonned Romaine Fresh	TURKEY HAM & CHEESE				
Square^, Dried Cranberries, Apple Juice, Milk LUNCH TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch	VANILLA YOGURT, String Cheese,	Fresh Chopped Romaine, Fresh	SANDWICH^, Hummus Cup, Fresh	HERO SANDWICH^, Italian Corn			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice,			SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard,				
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk  MONDAY	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears,	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard,	SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard,	HERO SANDWICH^, Italian Corn			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk  MONDAY  January 31, 2022	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk  MONDAY  January 31, 2022  BREAKFAST	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk  MONDAY  January 31, 2022  BREAKFAST  APPLE CINNAMON CHEERIOS^,	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk  MONDAY  January 31, 2022  BREAKFAST  APPLE CINNAMON CHEERIOS^, Graham Crackers^, Dried Cranberries,	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk			
Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk  MONDAY  January 31, 2022  BREAKFAST  APPLE CINNAMON CHEERIOS^, Graham Crackers^, Dried Cranberries, Orange-Tangerine Juice, Milk	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk			
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Square^, Dried Cranberries, Apple Juice, Milk LUNCH  TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk  MONDAY  January 31, 2022  BREAKFAST  APPLE CINNAMON CHEERIOS^, Graham Crackers^, Dried Cranberries, Orange-Tangerine Juice, Milk	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread^, Milk	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk			
January 24, 2022 BREAKFAST	Dressing, Mixed Fruit, Mustard, Milk TUESDAY January 25, 2022 BREAKFAST CHERRY FRUDEL^, Diced Peaches, Fruit Punch, Milk	January 26, 2022  BREAKFAST  BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk  LUNCH	January 27, 2022  BREAKFAST  CINNAMON CHEX^,Cherry Breakfast	Fresh Banana, Mustard, Milk FRIDAY January 28, 2022 BREAKFAST STRAWBERRY YOGURT, Granol			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS and CHOICE OF 1% OR FAT FREE WHITE MILK

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider \*\*\*