

January 2022

K-8 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
BREAKFAST CINNAMON TOAST CRUNCH [^] , Vanilla Waffle Square [^] , Dried Cranberries, Grape Juice, Milk LUNCH VEGETARIAN CHILI w/BEANS, Cornbread, Mixed Vegetables, Applesauce, Milk Vegetarian Option PIZZA DIPPERS [^] , Marinara Sauce, Mixed Vegetables, Applesauce, Milk	BREAKFAST TURKEY HAM & CHEESE ON ENGLISH MUFFIN [^] , Diced Pears, Orange-Tangerine Juice, Milk LUNCH SPAGHETTI & MEATBALLS [^] , Breadstick [^] , Broccoli, Diced Peaches, Milk Vegetarian Option MINI CHEESE RAVIOLI w/ SAUCE [^] , Breadstick [^] , Broccoli, Diced Peaches, Milk	BREAKFAST DOUBLE CHOCOLATE MINI MUFFIN [^] , String Cheese, Applesauce, Fruit Punch, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	BREAKFAST MAPLE PANCAKES [^] , Diced Peaches, Apple Juice, Milk LUNCH SLOPPY JOE, Hamburger Bun [^] , SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk	BREAKFAST POWDERED DONUT [^] , Applesauce, Grape Juice, Milk LUNCH PANCAKES & SAUSAGE [^] , Tropical Veggie Juice, Diced Pears, Syrup, Milk Vegetarian Option GRILLED CHEESE PANINI [^] , Tropical Veggie Juice, Diced Pears, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
BREAKFAST FROSTED CORN FLAKES [^] , Cherry Breakfast Bar [^] , Craisins, Orange- Tangerine Juice, Milk LUNCH CHEESY BAKED PENNE [^] , Breadstick, Green Beans, Diced Pears, Milk Vegetarian Option CHEESE PIZZA [^] , Country Blend Vegetables, Diced Pears, Milk	BREAKFAST BEEF SAUSAGE SLIDER [^] , Diced Peaches, Grape Juice, Grape Jelly, Milk LUNCH MEATBALL SUB, Hot Dog Bun [^] , Broccoli, Orange-Tangerine Juice, Milk Vegetarian Option MAC & CHEESE [^] , Broccoli, Orange- Tangerine Juice, Milk	BREAKFAST RICE CHEX [^] , Graham Crackers [^] , Fresh Apple, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	BREAKFAST CINNAMON TOAST CRUNCH FILLED BAR [^] , Fresh Banana, Fruit Punch Juice, Milk LUNCH CRUNCHY CHICKEN TENDERS [^] , Cornbread [^] , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS [^] , Cornbread [^] , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk	BREAKFAST BLUEBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH BBQ CHICKEN, Hamburger Bun [^] , Fresh Baby Carrots, Ranch Dressing, Baked Beans, Diced Peaches, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Fresh Baby Carrots, Ranch Dressing, Baked Beans, Diced Peaches, Mustard, Ketchup, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MARTIN LUTHER KING, JR. DAY	BREAKFAST TRIX [^] , Maple Breakfast Square [^] , Craisins, Fruit Punch Juice, Milk LUNCH GRILLED CHEESE PANINI [^] , Diced Carrots, Sun Splash Veggie Juice, Applesauce, Milk Vegetarian Option PIZZA DIPPERS [^] , Marinara Sauce, Sun Splash Veggie Juice, Applesauce, Milk	BREAKFAST BANANA MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	BREAKFAST CHICKEN BISCUIT [^] , Fresh Banana, Grape Juice, Honey, Milk LUNCH TERIYAKI CHICKEN PATTY, Hamburger Bun [^] , French Fries, Fresh Orange, Ketchup, Milk Vegetarian Option VEGETARIAN BURGER Hamburger Bun [^] , French Fries, Fresh Orange, Mustard, Ketchup, Milk	BREAKFAST GOLDEN GRAHAM CEREAL [^] , Vanilla Waffle Square [^] , Fresh Apple, Milk LUNCH CHICKEN NUGGETS [^] , Cornbread, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Diced Pears, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS [^] , Cornbread [^] , Baked Beans, Fresh Baby Carrots, Ranch Dressing, Diced Pears, BBQ Sauce, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
BREAKFAST COCOA PUFFS [^] , Strawberry Pancake Square [^] , Dried Cranberries, Apple Juice, Milk LUNCH MINI CHEESE RAVIOLI, Breadstick [^] , Green Beans, Diced Peaches, Milk Vegetarian Option CHEESE PIZZA [^] , Country Blend Vegetables, Diced Peaches, Milk	BREAKFAST CHERRY FRUDEL [^] , Diced Peaches, Fruit Punch Juice, Milk LUNCH CRISPY CHICKEN PATTY [^] , Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	BREAKFAST BLUEBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	BREAKFAST TURKEY HAM & CHEESE ON ENGLISH MUFFIN [^] , Fresh Banana, Orange-Tangerine Juice, Milk LUNCH CORN DOG ON A STICK [^] , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI [^] Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	BREAKFAST STRAWBERRY YOGURT, Granola [^] , Fresh Apple, Milk LUNCH CHICKEN TENDERS [^] , Cornbread [^] , Fresh Baby Carrots, Ranch Dressing Orange-Tangerine Juice, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS [^] , Cornbread [^] , Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange- Tangerine Juice, BBQ Sauce, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 31, 2022				
BREAKFAST APPLE CINNAMON CHEERIOS [^] , Graham Crackers [^] , Dried Cranberries, Orange-Tangerine Juice, Milk LUNCH BEAN & CHEESE BURRITO [^] , Salsa Cup, Corn, Applesauce, Milk Vegetarian Option PIZZA DIPPERS [^] , Marinara Sauce, Corn, Applesauce, Milk				

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 ***