

January 2022

K-8 Breakfast & Lunch

N-8 Dreaklast @ Lunch				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CINNAMON TOAST CRUNCH^,	PLAIN BAGEL^, Cream Cheese,	DOUBLE CHOCOLATE MINI	CINNAMON BUN^, Diced Peaches,	POWDERED DONUT^, Applesauce,
Vanilla Waffle Square^, Dried	Diced Pears, Orange-Tangerine Juice,	MUFFIN [^] , String Cheese, Applesauce,	Apple Juice, Milk	Grape Juice, Milk
Cranberries, Grape Juice, Milk	Milk	Fruit Punch, Milk		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
STRAWBERRY YOGURT, String	TURKEY HAM & CHEESE	TURKEY & CHEESE SANDWICH^,	HERO SANDWICH^, Italian Corn	TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh
Cheese, Tropical Veggie Juice, Fresh	SANDWICH [^] , Sun Splash Veggie Juice, Fresh Baby Carrots, Light Ranch	Hummus Cup, Fresh Baby Carrots,	Salad, Fresh Apple Slices, Mustard,	Broccoli Florets, Light Ranch Dressing,
Orange, Cornbread^, Milk	Dressing, Mixed Fruit, Mustard, Milk	Orange-Tangerine Juice, Mustard, Milk	Milk	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-	Diced Peaches, Grape Juice, Milk	Fresh Apple, Milk	FILLED BAR^, Fresh Banana, Fruit	Cheese, Fresh Apple, Milk
Tangerine Juice, Milk			Punch, Milk	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
TURKEY & CHEESE SANDWICH^,	WANIEL A WOCHET Color Of the	TURKEY BOLOGNA SANDWICH^,	TURKEY HAM & CHEESE	
Fresh Baby Carrots, Light Ranch	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears,	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French	SANDWICH^, Hummus Cup, Fresh	HERO SANDWICH^, Italian Corn
Dressing, Sun Splash Veggie Juice,	Cornbread^, Milk	Dressing, Diced Peaches, Mustard,	Baby Carrots, Fresh Orange, Mustard,	Salad, Fresh Pear, Mustard, Milk
Applesauce, Mustard, Milk	Comorcia , with	Milk	Milk	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	TRIX^, Maple Breakfast Square^,	BANANA MINI MUFFIN^, 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,
	LUNCH	LUNCH	Milk LUNCH	Milk LUNCH
	TURKEY HAM & CHEESE			TURKEY BOLOGNA SANDWICH^,
	SANDWICH [^] , Sun Splash Veggie	TURKEY & CHEESE SANDWICH^,	HERO SANDWICH^, Italian Corn	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,
	Dressing, Mixed Fruit, Mustard, Milk	Orange-Tangerine Juice, Mustard, Milk	Milk	Fresh Banana, Mustard, 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^,
Square^, Dried Cranberries, Apple	Fruit Punch, Milk	Cheese, Fresh Apple, Milk	Bar^, Fresh Banana, Orange-Tangerine	Fresh Apple, Milk
Juice, Milk			Juice, Milk	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
TURKEY & CHEESE SANDWICH^,	MANUAL A MOCHET GL. GI	TURKEY BOLOGNA SANDWICH^,	TURKEY HAM & CHEESE	
Fresh Baby Carrots, Light Ranch	VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears,	Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French	SANDWICH^, Hummus Cup, Fresh	HERO SANDWICH^, Italian Corn
Dressing, Sun Splash Veggie Juice,	Cornbread^, Milk	Dressing, Diced Peaches, Mustard,	Baby Carrots, Fresh Orange, Mustard,	Salad, Fresh Pear, Mustard, Milk
Applesauce, Mustard, Milk	Combreda , Mink	Milk	Milk	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 31, 2022				
BREAKFAST				
APPLE CINNAMON CHEERIOS^,				
Graham Crackers^, Dried Cranberries,				
Orange-Tangerine Juice, Milk				
LUNCH				
STRAWBERRY YOGURT, String				
Cheese, Tropical Veggie Juice, Fresh				
Orange, Cornbread^, Milk	ALL MEALS SERVED WITH ADDR		E OF 10/ OR E/T EREE WHITE MIL	

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 ***