

January 2022

K-12 Rreakfast & Lunch

	K-12 I	Breaklast & 1	Luncn	
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
CED AWDEDDY VOCUDE Going	TURKEY HAM & CHEESE	TURKEY & CHEESE SANDWICH^,	HERO CANDWICHA BULL COM	TURKEY BOLOGNA SANDWICH^,
STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh	SANDWICH [^] , Sun Splash Veggie		HERO SANDWICH [^] , Italian Corn	Fresh Chopped Romaine, Fresh
Orange, Cornbread^, Milk	Juice, Fresh Baby Carrots, Light Ranch	Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	Salad, Fresh Apple Slices, Mustard, Milk	Broccoli Florets, Light Ranch Dressing,
,	Dressing, Mixed Fruit, Mustard, 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^.		TURKEY BOLOGNA SANDWICH^,	TURKEY HAM & CHEESE	
Fresh Baby Carrots. Light Ranch	VANILLA YOGURT, String Cheese,	Fresh Chopped Romaine, Fresh	SANDWICH [^] , 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, Flesh Fear, Mustard, Milk
** '		Milk		EDYD AV
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, Milk	Vanilla Waffle Square^, Fresh Apple, Milk
	LUNCH	LUNCH	LUNCH	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		
Square^, Dried Cranberries, Apple	Fruit Punch, Milk	Cheese, Fresh Apple, Milk	Bar^, Fresh Banana, Orange-Tangerine	Fresh Apple, Milk
Juice, Milk	Fruit Fulleli, Willk	Cheese, Fresh Apple, Wilk	Juice, Milk	Presii Appie, wiik
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Berten	TURKEY BOLOGNA SANDWICH^,		Ecrecii
TURKEY & CHEESE SANDWICH^,	VANILLA YOGURT, String Cheese,	Fresh Chopped Romaine, Fresh	TURKEY HAM & CHEESE	THE COLLEGE OF THE CO
Fresh Baby Carrots, Light Ranch	Tropical Veggie Juice, Diced Pears,	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, Milk	Salad, Fresh Pear, Mustard, Milk
Applesauce, Mustard, Milk		Milk	IVIIIK	
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				
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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 ***