



January 2022

K-12 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	BREAKFAST PLAIN BAGEL [^] , Cream Cheese, Diced Pears, Orange-Tangerine Juice, Milk	BREAKFAST DOUBLE CHOCOLATE MINI MUFFIN [^] , String Cheese, Applesauce, Fruit Punch, Milk	BREAKFAST CINNAMON BUN [^] , Diced Peaches, Apple Juice, Milk	BREAKFAST POWDERED DONUT [^] , Applesauce, Grape Juice, Milk
LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread [^] , Milk	LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Sun Splash Veggie Juice, Fresh Baby Carrots, Light Ranch Dressing, Mixed Fruit, Mustard, Milk	LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Light Ranch Dressing, 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 FROSTED CORN FLAKES [^] , Cherry Breakfast Bar [^] , Craisins, Orange- Tangerine Juice, Milk	BREAKFAST STRAWBERRY YOGURT, Granola [^] , Diced Peaches, Grape Juice, Milk	BREAKFAST RICE CHEX [^] , Graham Crackers [^] , Fresh Apple, Milk	BREAKFAST CINNAMON TOAST CRUNCH FILLED BAR [^] , Fresh Banana, Fruit Punch, Milk	BREAKFAST BLUEBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk
LUNCH TURKEY & CHEESE SANDWICH [^] , Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	LUNCH VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread [^] , Milk	LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Pear, Mustard, 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 [^] , Dried Cranberries, Fruit Punch, Milk	BREAKFAST BANANA MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk	BREAKFAST RASPBERRY-CHERRY YOGURT, Granola [^] , Fresh Banana, Grape Juice, Milk	BREAKFAST GOLDEN GRAHAM CEREAL [^] , Vanilla Waffle Square [^] , Fresh Apple, Milk
	LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Sun Splash Veggie Juice, Fresh Baby Carrots, Light Ranch Dressing, Mixed Fruit, Mustard, Milk	LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Light Ranch Dressing, 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 COCOA PUFFS [^] , Strawberry Pancake Square [^] , Dried Cranberries, Apple Juice, Milk	BREAKFAST CHERRY FRUDEL [^] , Diced Peaches, Fruit Punch, Milk	BREAKFAST BLUEBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk	BREAKFAST CINNAMON CHEX [^] , Cherry Breakfast Bar [^] , Fresh Banana, Orange-Tangerine Juice, Milk	BREAKFAST STRAWBERRY YOGURT, Granola [^] , Fresh Apple, Milk
LUNCH TURKEY & CHEESE SANDWICH [^] , Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	LUNCH VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread [^] , Milk	LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Pear, Mustard, 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 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 ***