



# 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
<b>BREAKFAST</b> CINNAMON TOAST CRUNCH^, Vanilla Waffle Square^, Dried Cranberries, Grape Juice, Milk <b>LUNCH</b> VEGETARIAN CHILI w/BEANS, Cornbread, Mixed Vegetables, Applesauce, Milk <b>Vegetarian Option</b> PIZZA DIPPERS^, Marinara Sauce, Mixed Vegetables, Applesauce, Milk	<b>BREAKFAST</b> PLAIN BAGEL^, Cream Cheese, Diced Pears, Orange-Tangerine Juice, Milk <b>LUNCH</b> SPAGHETTI & MEATBALLS^, Breadstick^, Broccoli, Diced Peaches, Milk <b>Vegetarian Option</b> MINI CHEESE RAVIOLI w/ SAUCE^, Breadstick^, Broccoli, Diced Peaches, Milk	<b>BREAKFAST</b> DOUBLE CHOCOLATE MINI MUFFIN^, String Cheese, Applesauce, Fruit Punch, Milk <b>LUNCH</b> SANTA FE CHICKEN, Tortilla Rounds^, Corn, Orange-Tangerine Juice, Salsa, Milk <b>Vegetarian Option</b> BEAN & CHEESE BURRITO, Tortilla Rounds^, Corn, Orange-Tangerine Juice, Salsa, Milk	<b>BREAKFAST</b> CINNAMON BUN^, Diced Peaches, Apple Juice, Milk <b>LUNCH</b> SLOPPY JOE, Hamburger Bun^, SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER, Hamburger Bun^, SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk	<b>BREAKFAST</b> POWDERED DONUT^, Applesauce, Grape Juice, Milk <b>LUNCH</b> 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
<b>BREAKFAST</b> FROSTED CORN FLAKES^, Cherry Breakfast Bar^, Craisins, Orange-Tangerine Juice, Milk <b>LUNCH</b> CHEESY BAKED PENNE^, Breadstick, Green Beans, Diced Pears, Milk <b>Vegetarian Option</b> CHEESE PIZZA^, Country Blend Vegetables, Diced Pears, Milk	<b>BREAKFAST</b> STRAWBERRY YOGURT, Granola^, Diced Peaches, Grape Juice, Milk <b>LUNCH</b> MEATBALL SUB, Hot Dog Bun^, Broccoli, Orange-Tangerine Juice, Milk <b>Vegetarian Option</b> MAC & CHEESE^, Broccoli, Orange-Tangerine Juice, Milk	<b>BREAKFAST</b> RICE CHEX^, Graham Crackers^, Fresh Apple, Milk <b>LUNCH</b> GENERAL TSO'S CHICKEN & NOODLES^, Mixed Vegetables, Fresh Banana, Milk <b>Vegetarian Option</b> BEAN & CHEESE BURRITO^, Mixed Vegetables, Fresh Banana, Salsa, Milk	<b>BREAKFAST</b> CINNAMON TOAST CRUNCH FILLED BAR^, Fresh Banana, Fruit Punch, Milk <b>LUNCH</b> CRUNCHY CHICKEN TENDERS^, Cornbread^, Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk <b>Vegetarian Option</b> VEGETARIAN CHIK'N NUGGETS^, Cornbread^, Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk	<b>BREAKFAST</b> BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk <b>LUNCH</b> 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
<b>MARTIN LUTHER KING, JR. DAY</b>	<b>BREAKFAST</b> TRIX^, Maple Breakfast Square^, Dried Cranberries, Fruit Punch, Milk <b>LUNCH</b> GRILLED CHEESE PANINI^, Diced Carrots, Sun Splash Veggie Juice, Applesauce, Milk <b>Vegetarian Option</b> PIZZA DIPPERS^, Marinara Sauce, Sun Splash Veggie Juice, Applesauce, Milk	<b>BREAKFAST</b> BANANA MINI MUFFIN ^, String Cheese, Fresh Apple, Milk <b>LUNCH</b> MOROCCAN MEATBALLS w/PEARL COUSCOUS, Broccoli, Fresh Banana, Milk <b>Vegetarian Option</b> MINI CHEESE RAVIOLI w/SAUCE^, Broccoli, Fresh Banana, Milk	<b>BREAKFAST</b> RASPBERRY-CHERRY YOGURT, Granola ^, Fresh Banana, Grape Juice, Milk <b>LUNCH</b> TERIYAKI CHICKEN PATTY, Hamburger Bun^, French Fries, Fresh Orange, Ketchup, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER, Hamburger Bun^, French Fries, Fresh Orange, Mustard, Ketchup, Milk	<b>BREAKFAST</b> GOLDEN GRAHAM CEREAL ^, Vanilla Waffle Square ^, Fresh Apple, Milk <b>LUNCH</b> 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
<b>BREAKFAST</b> COCOA PUFFS ^, Strawberry Pancake Square ^, Dried Cranberries, Apple Juice, Milk <b>LUNCH</b> MINI CHEESE RAVIOLI, Breadstick^, Green Beans, Diced Peaches, Milk <b>Vegetarian Option</b> CHEESE PIZZA^, Country Blend Vegetables, Diced Peaches, Milk	<b>BREAKFAST</b> CHERRY FRUDEL^, Diced Peaches, Fruit Punch, Milk <b>LUNCH</b> CRISPY CHICKEN PATTY^, Hamburger Bun^, Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER, Hamburger Bun^, Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	<b>BREAKFAST</b> BLUEBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk <b>LUNCH</b> WALKING TURKEY TACOS, Wild White Nacho Doritos^, Salsa Cup, Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk <b>Vegetarian Option</b> VEGETARIAN CHILI w/BEANS, Wild White Nacho Doritos^, Salsa Cup, Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk	<b>BREAKFAST</b> CINNAMON CHEX^, Cherry Breakfast Bar^, Fresh Banana, Orange-Tangerine Juice, Milk <b>LUNCH</b> CORN DOG ON A STICK^, Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk <b>Vegetarian Option</b> GRILLED CHEESE PANINI^, Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	<b>BREAKFAST</b> STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk <b>LUNCH</b> HERO SANDWICH^, Italian Corn Salad, Fresh Pear, Mustard, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 31, 2022				
<b>BREAKFAST</b> APPLE CINNAMON CHEERIOS^, Graham Crackers^, Dried Cranberries, Orange-Tangerine Juice, Milk <b>LUNCH</b> BEAN & CHEESE BURRITO^, Salsa Cup, Corn, Applesauce, Milk <b>Vegetarian Option</b> 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 \*\*\*