

January 2022

K-12 Breakfast & Lunch

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|---|--|---|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| January 3, 2022 | January 4, 2022 | January 5, 2022 | January 6, 2022 | January 7, 2022 |
| | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| | PLAIN BAGEL [^] , Cream Cheese, Diced Pears, Orange-Tangerine Juice, | DOUBLE CHOCOLATE MINI MUFFIN [^] , String Cheese, Applesauce, | CINNAMON BUN [^] , Diced Peaches, Apple Juice, Milk | POWDERED DONUT [^] , Applesauce, Grape Juice, Milk |
| | Milk | Fruit Punch, Milk | | Grupe valee, min |
| | LUNCH | LUNCH | LUNCH | LUNCH |
| | SPAGHETTI & MEATBALLS^, | SANTA FE CHICKEN, Tortilla | SLOPPY JOE, Hamburger Bun^, | PANCAKES & SAUSAGE [^] , Tropical |
| | Breadstick [^] , Broccoli, Diced Peaches, Milk | Rounds [^] , Corn, Orange-Tangerine Juice, Salsa, Milk | SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk | Veggie Juice, Diced Pears, Syrup, Milk |
| | Vegetarian Option | Vegetarian Option | Vegetarian Option | Vegetarian Option |
| | MINI CHEESE RAVIOLI w/ | | VEGETARIAN BURGER, Hamburger | GRILLED CHEESE PANINI^, |
| | SAUCE [^] , Breadstick [^] , Broccoli, Diced | Rounds [^] , Corn, Orange-Tangerine | Bun^, SunSet Sip Veggie Juice, Baked | Tropical Veggie Juice, Diced Pears, |
| MONDAY | Peaches, Milk TUESDAY | Juice, Salsa, Milk WEDNESDAY | Beans, Craisins, Milk THURSDAY | Milk FRIDAY |
| January 10, 2022 | January 11, 2022 | January 12, 2022 | January 13, 2022 | January 14, 2022 |
| January 10, 2022 | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| | | | CINNAMON TOAST CRUNCH | |
| | STRAWBERRY YOGURT, Granola [^] , Diced Peaches, Grape Juice, Milk | RICE CHEX [^] , Graham Crackers [^] , Fresh Apple, Milk | FILLED BAR [^] , Fresh Banana, Fruit | BLUEBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk |
| | Dieca i caenes, Grupe surce, ivink | r resir rippie, trink | Punch, Milk | Cheese, Presh rippie, Mink |
| | LUNCH | LUNCH | LUNCH | LUNCH |
| | | GENERAL TSO'S CHICKEN | CRUNCHY CHICKEN TENDERS [^] , | BBQ CHICKEN, Hamburger Bun^, |
| | MEATBALL SUB, Hot Dog Bun^, Broccoli, Orange-Tangerine Juice, Milk | & NOODLES^, Mixed Vegetables, | Cornbread [^] , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple | Fresh Baby Carrots, Ranch Dressing, |
| | Brocon, Grange-Tangernie Juice, MIIK | Fresh Banana, Milk | Slices, BBQ Sauce, Ketchup, Milk | Baked Beans, Diced Peaches, Milk |
| | Vegetarian Option | Vegetarian Option | Vegetarian Option | Vegetarian Option |
| | | | VEGETARIAN CHIK'N NUGGETS^, | VEGETARIAN BURGER, Hamburger |
| | , , , | BEAN & CHEESE BURRITO [^] , Mixed Vegetables, Fresh Banana, Salsa, Milk | Combread [^] , Seasoned Diced Potatoes, | Bun [^] , Fresh Baby Carrots, Ranch Dressing, Baked Beans, Diced Peaches, |
| | Tangerine Juice, Milk | vegetables, Fresh Banana, Saisa, Milk | Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk | Mustard, Ketchup, 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 ^, |
| | 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 |
| | GRILLED CHEESE PANINI^, Diced | MOROCCAN MEATBALLS | TERIYAKI CHICKEN PATTY, | CHICKEN NUGGETS [^] , Cornbread, |
| MARTIN LUTHER KING, JR. DAY | | w/PEARL COUSCOUS, Broccoli, | Hamburger Bun [^] , French Fries, Fresh | Baked Beans, Fresh Baby Carrots, |
| , | Applesauce, Milk | Fresh Banana, Milk | Orange, Ketchup, Milk | Ranch Dressing, Diced Pears, BBQ Sauce, Milk |
| | Vegetarian Option | Vegetarian Option | Vegetarian Option | Vegetarian Option |
| | PIZZA DIPPERS [^] , Marinara Sauce, | | VEGETARIAN BURGER | VEGETARIĂN CHIK'N NUGGETS^, |
| | Sun Splash Veggie Juice, Applesauce, | MINI CHEESE RAVIOLI w/SAUCE^, | Hamburger Bun^, French Fries, Fresh | Cornbread^, Baked Beans, Fresh Baby |
| | Milk | Broccoli, Fresh Banana, Milk | Orange, Mustard, Ketchup, Milk | 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 | BREAKFAST | BREAKFAST | BREAKFAST |
| | CHERRY FRUDEL [^] , Diced Peaches, | | CINNAMON CHEX^,Cherry Breakfast | STRAWBERRY YOGURT, Granola^, |
| | Fruit Punch, Milk | Cheese, Fresh Apple, Milk | Bar^, Fresh Banana, Orange-Tangerine | Fresh Apple, Milk |
| | | | Juice, Milk | |
| | LUNCH CRISPY CHICKEN PATTY^, | LUNCH WALKING TURKEY TACOS, Wild | LUNCH | LUNCH CHICKEN TENDERS [^] , Cornbread [^] , |
| | Hamburger Bun [^] , Mashed Potatoes, | White Nacho Doritos [^] , Salsa Cup, | CORN DOG ON A STICK [^] , Potato | Fresh Baby Carrots, Ranch Dressing |
| | Sun Splash Veggie Juice, Applesauce, | Fresh Chopped Romaine, French | Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk | Orange-Tangerine Juice, BBQ Sauce, |
| | BBQ Sauce, Milk | Dressing, Fresh Pear, Milk | * * | Milk Varatarian Ontian |
| | Vegetarian Option VEGETARIAN BURGER, Hamburger | Vegetarian Option VEGETARIAN CHILI w/BEANS | Vegetarian Option | Vegetarian Option VEGETARIAN CHIK'N NUGGETS^, |
| | Bun^, Mashed Potatoes, Sun Splash | Wild White Nacho Doritos [^] , Salsa Cup, | GRILLED CHEESE PANINI^ | Cornbread [^] , Baked Beans, Fresh Baby |
| | Veggie Juice, Applesauce, BBQ Sauce, | Fresh Chopped Romaine, French | Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk | Carrots, Ranch Dressing, Orange- |
| MONDAV | Milk | Dressing, Fresh Pear, Milk | · • | Tangerine Juice, BBQ Sauce, Milk |
| MONDAY January 31, 2022 | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| <u>January 31, 2022</u> | | | | |
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| | ALL MEALS SERVED WITH ADDA | OPRIATE CONDIMENTS and CHOIC | E OF 1% OR FAT FREE WHITE MILI | 7 |
| | | Denotes item is whole-grain/whole whe | | |
| *** This institution is an equal opportunity provider *** | | | | |
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