

January 2022

K-12 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3, 2022	January 4, 2022 BREAKFAST PLAIN BAGEL [^] , Cream Cheese, Diced Peaches, Orange-Tangerine Juice, Milk LUNCH SPAGHETTI & MEATBALLS [^] , Breadstick [^] , Broccoli, Diced Peaches, Milk Vegetarian Option MINI CHEESE RAVIOLI w/ SAUCE [^] , Breadstick [^] , Broccoli, Diced Peaches, Milk	January 5, 2022 BREAKFAST DOUBLE CHOCOLATE MINI MUFFIN [^] , String Cheese, Applesauce, Fruit Punch, Milk LUNCH SANTA FE CHICKEN, Tortilla Rounds [^] , Corn, Orange-Tangerine Juice, Salsa, Milk Vegetarian Option BEAN & CHEESE BURRITO, Tortilla Rounds [^] , Corn, Orange-Tangerine Juice, Salsa, Milk	January 6, 2022 BREAKFAST CINNAMON BUN [^] , Diced Peaches, Apple Juice, Milk LUNCH SLOPPY JOE, Hamburger Bun [^] , SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk	January 7, 2022 BREAKFAST POWDERED DONUT [^] , Applesauce, Grape Juice, Milk LUNCH PANCAKES & SAUSAGE [^] , Tropical Veggie Juice, Diced Peaches, Syrup, Milk Vegetarian Option GRILLED CHEESE PANINI [^] , Tropical Veggie Juice, Diced Peaches, Milk
January 10, 2022	January 11, 2022 BREAKFAST STRAWBERRY YOGURT, Granola [^] , Diced Peaches, Grape Juice, Milk LUNCH MEATBALL SUB, Hot Dog Bun [^] , Broccoli, Orange-Tangerine Juice, Milk Vegetarian Option MAC & CHEESE [^] , Broccoli, Orange-Tangerine Juice, Milk	January 12, 2022 BREAKFAST RICE CHEX [^] , Graham Crackers [^] , Fresh Apple, Milk LUNCH GENERAL TSO'S CHICKEN & NOODLES [^] , Mixed Vegetables, Fresh Banana, Milk Vegetarian Option BEAN & CHEESE BURRITO [^] , Mixed Vegetables, Fresh Banana, Salsa, Milk	January 13, 2022 BREAKFAST CINNAMON TOAST CRUNCH FILLED BAR [^] , Fresh Banana, Fruit Punch, Milk LUNCH CRUNCHY CHICKEN TENDERS [^] , Cornbread [^] , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS [^] , Cornbread [^] , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk	January 14, 2022 BREAKFAST BLUEBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH BBQ CHICKEN, Hamburger Bun [^] , Fresh Baby Carrots, Ranch Dressing, Baked Beans, Diced Peaches, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Fresh Baby Carrots, Ranch Dressing, Baked Beans, Diced Peaches, Mustard, Ketchup, Milk
January 17, 2022	January 18, 2022 BREAKFAST TRIX [^] , Maple Breakfast Square [^] , Dried Cranberries, Fruit Punch, Milk LUNCH GRILLED CHEESE PANINI [^] , Diced Carrots, Sun Splash Veggie Juice, Applesauce, Milk Vegetarian Option PIZZA DIPPERS [^] , Marinara Sauce, Sun Splash Veggie Juice, Applesauce, Milk	January 19, 2022 BREAKFAST BANANA MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH MOROCCAN MEATBALLS w/PEARL COUSCOUS, Broccoli, Fresh Banana, Milk Vegetarian Option MINI CHEESE RAVIOLI w/SAUCE [^] , Broccoli, Fresh Banana, Milk	January 20, 2022 BREAKFAST RASPBERRY-CHERRY YOGURT, Granola [^] , Fresh Banana, Grape Juice, Milk LUNCH TERIYAKI CHICKEN PATTY, Hamburger Bun [^] , French Fries, Fresh Orange, Ketchup, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , French Fries, Fresh Orange, Mustard, Ketchup, Milk	January 21, 2022 BREAKFAST GOLDEN GRAHAM CEREAL [^] , Vanilla Waffle Square [^] , Fresh Apple, Milk LUNCH CHICKEN NUGGETS [^] , Cornbread, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Diced Peaches, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS [^] , Cornbread [^] , Baked Beans, Fresh Baby Carrots, Ranch Dressing, Diced Peaches, BBQ Sauce, Milk
January 24, 2022	January 25, 2022 BREAKFAST CHERRY FRUDEL [^] , Diced Peaches, Fruit Punch, Milk LUNCH CRISPY CHICKEN PATTY [^] , Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	January 26, 2022 BREAKFAST BLUEBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH WALKING TURKEY TACOS, Wild White Nacho Doritos [^] , Salsa Cup, Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk Vegetarian Option VEGETARIAN CHILI w/BEANS Wild White Nacho Doritos [^] , Salsa Cup, Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk	January 27, 2022 BREAKFAST CINNAMON CHEX [^] , Cherry Breakfast Bar [^] , Fresh Banana, Orange-Tangerine Juice, Milk LUNCH CORN DOG ON A STICK [^] , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI [^] , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	January 28, 2022 BREAKFAST STRAWBERRY YOGURT, Granola [^] , Fresh Apple, Milk LUNCH CHICKEN TENDERS [^] , Cornbread [^] , Fresh Baby Carrots, Ranch Dressing, Orange-Tangerine Juice, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS [^] , Cornbread [^] , Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange-Tangerine Juice, BBQ Sauce, Milk
January 31, 2022				

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 ***