



# January 2022

## 6-12 Breakfast & Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3, 2022 <b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Vanilla Waffle Square <sup>^</sup> , Dried Cranberries, Grape Juice, Milk <b>LUNCH</b> STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread <sup>^</sup> , Milk	January 4, 2022 <b>BREAKFAST</b> PLAIN BAGEL <sup>^</sup> , Cream Cheese, Diced Pears, Orange-Tangerine Juice, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Sun Splash Veggie Juice, Fresh Baby Carrots, Light Ranch Dressing, Mixed Fruit, Mustard, Milk	January 5, 2022 <b>BREAKFAST</b> DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> , String Cheese, Applesauce, Fruit Punch, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	January 6, 2022 <b>BREAKFAST</b> CINNAMON BUN <sup>^</sup> , Diced Peaches, Apple Juice, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	January 7, 2022 <b>BREAKFAST</b> POWDERED DONUT <sup>^</sup> , Applesauce, Grape Juice, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Broccoli Florets, Light Ranch Dressing, Fresh Banana, Mustard, Milk
January 10, 2022 <b>BREAKFAST</b> FROSTED CORN FLAKES <sup>^</sup> , Cherry Breakfast Bar <sup>^</sup> , Craisins, Orange- Tangerine Juice, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	January 11, 2022 <b>BREAKFAST</b> STRAWBERRY YOGURT, Granola <sup>^</sup> , Diced Peaches, Grape Juice, Milk <b>LUNCH</b> VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread <sup>^</sup> , Milk	January 12, 2022 <b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Graham Crackers <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	January 13, 2022 <b>BREAKFAST</b> CINNAMON TOAST CRUNCH FILLED BAR <sup>^</sup> , Fresh Banana, Fruit Punch, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	January 14, 2022 <b>BREAKFAST</b> BLUEBERRY MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Pear, Mustard, Milk
January 17, 2022 <b>MARTIN LUTHER KING, JR. DAY</b>	January 18, 2022 <b>BREAKFAST</b> TRIX <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Dried Cranberries, Fruit Punch, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Sun Splash Veggie Juice, Fresh Baby Carrots, Light Ranch Dressing, Mixed Fruit, Mustard, Milk	January 19, 2022 <b>BREAKFAST</b> BANANA MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	January 20, 2022 <b>BREAKFAST</b> RASPBERRY-CHERRY YOGURT, Granola <sup>^</sup> , Fresh Banana, Grape Juice, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	January 21, 2022 <b>BREAKFAST</b> GOLDEN GRAHAM CEREAL <sup>^</sup> , Vanilla Waffle Square <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Broccoli Florets, Light Ranch Dressing, Fresh Banana, Mustard, Milk
January 24, 2022 <b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Pancake Square <sup>^</sup> , Dried Cranberries, Apple Juice, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Fresh Baby Carrots, Light Ranch Dressing, Sun Splash Veggie Juice, Applesauce, Mustard, Milk	January 25, 2022 <b>BREAKFAST</b> CHERRY FRUDEL <sup>^</sup> , Diced Peaches, Fruit Punch, Milk <b>LUNCH</b> VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread <sup>^</sup> , Milk	January 26, 2022 <b>BREAKFAST</b> BLUEBERRY MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	January 27, 2022 <b>BREAKFAST</b> CINNAMON CHEX <sup>^</sup> , Cherry Breakfast Bar <sup>^</sup> , Fresh Banana, Orange-Tangerine Juice, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	January 28, 2022 <b>BREAKFAST</b> STRAWBERRY YOGURT, Granola <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Pear, Mustard, Milk
January 31, 2022 <b>BREAKFAST</b> APPLE CINNAMON CHEERIOS <sup>^</sup> , Graham Crackers <sup>^</sup> , Dried Cranberries, Orange-Tangerine Juice, Milk <b>LUNCH</b> STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread <sup>^</sup> , Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS and CHOICE OF 1% OR FAT FREE WHITE MILK

<sup>^</sup> Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider \*\*\*