

## K-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> VEGETARIAN CHILI w/BEANS, Cornbread, Mixed Vegetables, Applesauce, Milk <b>Vegetarian Option</b> PIZZA DIPPERS <sup>^</sup> , Marinara Sauce, Mixed Vegetables, Applesauce, Milk	January 4, 2022 <b>BREAKFAST</b> PLAIN BAGEL <sup>^</sup> , Cream Cheese, Diced Peaches, Orange-Tangerine Juice, Milk <b>LUNCH</b> SPAGHETTI & MEATBALLS <sup>^</sup> , Breadstick <sup>^</sup> , Broccoli, Diced Peaches, Milk <b>Vegetarian Option</b> MINI CHEESE RAVIOLI w/ SAUCE <sup>^</sup> , Breadstick <sup>^</sup> , Broccoli, Diced Peaches, Milk	January 5, 2022 <b>BREAKFAST</b> DOUBLE CHOCOLATE MINI MUFFIN <sup>^</sup> , String Cheese, Applesauce, Fruit Punch, Milk <b>LUNCH</b> SANTA FE CHICKEN, Tortilla Rounds <sup>^</sup> , Corn, Orange-Tangerine Juice, Salsa, Milk <b>Vegetarian Option</b> BEAN & CHEESE BURRITO, Tortilla Rounds <sup>^</sup> , Corn, Orange-Tangerine Juice, Salsa, Milk	January 6, 2022 <b>BREAKFAST</b> CINNAMON BUN <sup>^</sup> , Diced Peaches, Apple Juice, Milk <b>LUNCH</b> SLOPPY JOE, Hamburger Bun <sup>^</sup> , SunSet Sip Veggie Juice, Baked Beans, Craisins, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER, Hamburger Bun <sup>^</sup> , SunSet Sip Veggie Juice, Baked Beans, Craisins, 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> CHEESY BAKED PENNE <sup>^</sup> , Breadstick, Green Beans, Diced Peaches, Milk <b>Vegetarian Option</b> CHEESE PIZZA <sup>^</sup> , Country Blend Vegetables, Diced Peaches, Milk	January 11, 2022 <b>BREAKFAST</b> STRAWBERRY YOGURT, Granola <sup>^</sup> , Diced Peaches, Grape Juice, Milk <b>LUNCH</b> MEATBALL SUB, Hot Dog Bun <sup>^</sup> , Broccoli, Orange-Tangerine Juice, Milk <b>Vegetarian Option</b> MAC & CHEESE <sup>^</sup> , Broccoli, Orange- Tangerine Juice, Milk	January 12, 2022 <b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Graham Crackers <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> GENERAL TSO'S CHICKEN & NOODLES <sup>^</sup> , Mixed Vegetables, Fresh Banana, Milk <b>Vegetarian Option</b> BEAN & CHEESE BURRITO <sup>^</sup> , Mixed Vegetables, Fresh Banana, Salsa, Milk	January 13, 2022 <b>BREAKFAST</b> CINNAMON TOAST CRUNCH FILLED BAR <sup>^</sup> , Fresh Banana, Fruit Punch, Milk <b>LUNCH</b> CRUNCHY CHICKEN TENDERS <sup>^</sup> , Combread <sup>^</sup> , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, Milk <b>Vegetarian Option</b> VEGETARIAN CHIK'N NUGGETS <sup>^</sup> , Combread <sup>^</sup> , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Ketchup, 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	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
<b>MARTIN LUTHER KING, JR. DAY</b>	<b>BREAKFAST</b> TRIX <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Dried Cranberries, Fruit Punch, Milk <b>LUNCH</b> GRILLED CHEESE PANINI <sup>^</sup> , Diced Carrots, Sun Splash Veggie Juice, Applesauce, Milk <b>Vegetarian Option</b> PIZZA DIPPERS <sup>^</sup> , Marinara Sauce, Sun Splash Veggie Juice, Applesauce, Milk	<b>BREAKFAST</b> BANANA MINI MUFFIN <sup>^</sup> , 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 <sup>^</sup> , Broccoli, Fresh Banana, Milk	<b>BREAKFAST</b> RASPBERRY-CHERRY YOGURT, Granola <sup>^</sup> , Fresh Banana, Grape Juice, Milk <b>LUNCH</b> TERIYAKI CHICKEN PATTY, Hamburger Bun <sup>^</sup> , French Fries, Fresh Orange, Ketchup, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER Hamburger Bun <sup>^</sup> , French Fries, Fresh Orange, Mustard, Ketchup, Milk	<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	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
<b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Pancake Square <sup>^</sup> , Dried Cranberries, Apple Juice, Milk <b>LUNCH</b> MINI CHEESE RAVIOLI, Breadstick <sup>^</sup> , Green Beans, Diced Peaches, Milk <b>Vegetarian Option</b> CHEESE PIZZA <sup>^</sup> , Country Blend Vegetables, Diced Peaches, Milk	<b>BREAKFAST</b> CHERRY FRUDEL <sup>^</sup> , Diced Peaches, Fruit Punch, Milk <b>LUNCH</b> CRISPY CHICKEN PATTY <sup>^</sup> , Hamburger Bun <sup>^</sup> , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER, Hamburger Bun <sup>^</sup> , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	<b>BREAKFAST</b> BLUEBERRY MINI MUFFIN <sup>^</sup> , String Cheese, Fresh Apple, Milk <b>LUNCH</b> WALKING TURKEY TACOS, Wild White Nacho Doritos <sup>^</sup> , Salsa Cup, Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk <b>Vegetarian Option</b> VEGETARIAN CHILI w/BEANS Wild White Nacho Doritos <sup>^</sup> , Salsa Cup, Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk	<b>BREAKFAST</b> CINNAMON CHEX <sup>^</sup> , Cherry Breakfast Bar <sup>^</sup> , Fresh Banana, Orange-Tangerine Juice, Milk <b>LUNCH</b> CORN DOG ON A STICK <sup>^</sup> , Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk <b>Vegetarian Option</b> GRILLED CHEESE PANINI <sup>^</sup> Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	<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> BEAN & CHEESE BURRITO <sup>^</sup> , Salsa Cup, Corn, Applesauce, Milk <b>Vegetarian Option</b> PIZZA DIPPERS <sup>^</sup> , Marinara Sauce, Corn, Applesauce, 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 \*\*\*