

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