

January 2022

K-8 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	BREAKFAST
CINNAMON TOAST CRUNCH^,	PLAIN BAGEL [^] , Cream Cheese,	DOUBLE CHOCOLATE MINI	CINNAMON BUN^, Diced Peaches,	POWDERED DONUT [^] , Applesauce,
Vanilla Waffle Square [^] , Dried	Diced Pears, Orange-Tangerine Juice,	MUFFIN [^] , String Cheese, Applesauce,	Apple Juice, Milk	Grape Juice, Milk
Cranberries, Grape Juice, Milk	Milk	Fruit Punch, Milk		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
VEGETARIAN CHILI w/BEANS,	SPAGHETTI & MEATBALLS^,	SANTA FE CHICKEN, Tortilla	SLOPPY JOE, Hamburger Bun^,	
Cornbread, Mixed Vegetables,	Breadstick [^] , Broccoli, Diced Peaches,		SunSet Sip Veggie Juice, Baked Beans,	PANCAKES & SAUSAGE^, Tropical
Applesauce, Milk	Milk	Juice, Salsa, Milk	Craisins, Milk	Veggie Juice, Diced Pears, Syrup, Milk
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
- · ·		BEAN & CHEESE BURRITO, Tortilla	VEGETARIAN BURGER, Hamburger	GRILLED CHEESE PANINI^,
PIZZA DIPPERS [^] , Marinara Sauce,	SAUCE [^] , Breadstick [^] , Broccoli, Diced	Rounds^, Corn, Orange-Tangerine	Bun^, SunSet Sip Veggie Juice, Baked	Tropical Veggie Juice, Diced Pears,
Mixed Vegetables, Applesauce, Milk	Peaches, Milk	Juice, Salsa, Milk	Beans, Craisins, Milk	Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
FROSTED CORN FLAKES [^] , Cherry	STRAWBERRY YOGURT, Granola^,	RICE CHEX [^] , Graham Crackers [^] ,		BLUEBERRY MINI MUFFIN [^] , String
Breakfast Bar^, Craisins, Orange-	Diced Peaches, Grape Juice, Milk	Fresh Apple, Milk	FILLED BAR [^] , Fresh Banana, Fruit	Cheese, Fresh Apple, Milk
Tangerine Juice, Milk			Punch, Milk	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CHEESY BAKED PENNE^,		GENERAL TSO'S CHICKEN	CRUNCHY CHICKEN TENDERS^,	BBQ CHICKEN, Hamburger Bun^,
Breadstick, Green Beans, Diced Pears,	MEATBALL SUB, Hot Dog Bun^,	& NOODLES^, Mixed Vegetables,	Cornbread [^] , Seasoned Diced Potatoes,	Fresh Baby Carrots, Ranch Dressing,
Milk	Broccoli, Orange-Tangerine Juice, Milk	Fresh Banana, Milk	Sun Splash Veggie Juice, Fresh Apple	Baked Beans, Diced Peaches, Milk
			Slices, BBQ Sauce, Ketchup, Milk	
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
			VEGETARIAN CHIK'N NUGGETS^,	VEGETARIAN BURGER, Hamburger
CHEESE PIZZA [^] , Country Blend		BEAN & CHEESE BURRITO [^] , Mixed		Bun^, Fresh Baby Carrots, Ranch
Vegetables, Diced Pears, Milk	Tangerine Juice, Milk	Vegetables, Fresh Banana, Salsa, Milk	Sun Splash Veggie Juice, Fresh Apple	Dressing, Baked Beans, Diced Peaches,
			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,	Vanilla Waffle Square ^, Fresh Apple,
			Milk	Milk
	LUNCH	LUNCH	LUNCH	LUNCH
	GRILLED CHEESE PANINI^, Diced	MOROCCAN MEATBALLS	TERIYAKI CHICKEN PATTY,	CHICKEN NUGGETS [^] , Cornbread,
MARTIN LUTHER KING, JR. DAY	Carrots, Sun Splash Veggie Juice,	w/PEARL COUSCOUS, Broccoli,	Hamburger Bun [^] , French Fries, Fresh	Baked Beans, Fresh Baby Carrots,
MARTIN LUTHER KING, JR. DAT	Applesauce, Milk	Fresh Banana, Milk	Orange, Ketchup, Milk	Ranch Dressing, Diced Pears, BBQ
	Applesauce, Milk	Flesh Danana, Milik	Orange, Ketchup, Mink	Sauce, Milk
	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
	PIZZA DIPPERS [^] , Marinara Sauce,		VEGETARIAN BURGER	VEGETARIAN CHIK'N NUGGETS^,
		MINI CHEESE RAVIOLI w/SAUCE^,	Hamburger Bun [^] , French Fries, Fresh	Cornbread [^] , Baked Beans, Fresh Baby
	Sun Splash Veggie Juice, Applesauce, Milk	Broccoli, Fresh Banana, Milk	Orange, Mustard, Ketchup, Milk	Carrots, Ranch Dressing, Diced Pears,
	MIIK		Orange, Mustaru, Ketchup, Milk	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	BREAKFAST
COCOA PLIEFS ^ Strawberry Pancake	CHERRY FRUDEL & Diced Peaches	BLUEBERRY MINI MUFFIN^, String	CINNAMON CHEX^ Cherry Breakfast	STRAWBERRY VOGURT Granola
Square ^, Dried Cranberries, Apple	Fruit Punch, Milk		Bar^, Fresh Banana, Orange-Tangerine	Fresh Apple, Milk
Juice, Milk	Truit Funch, Wink	Cheese, Presh Apple, Milk	Juice, Milk	r tesii Apple, Wilk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	CRISPY CHICKEN PATTY^,	WALKING TURKEY TACOS, Wild		CHICKEN TENDERS [^] , Cornbread [^] ,
MINI CHEESE RAVIOLI,	choi i chickla i Ai i i ,		CODM DOC ON A STICKA Datata	
Breadstick [^] , Green Beans, Diced	Hamburger Bun^ Mashed Potatoes	White Nacho Doritos^ Salsa Cun	CORN DOG ON A STICK^, Potato	Eresh Baby Carrots Ranch Dressing
· · · · · · · · · · · · · · · · · · ·	Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice Applesauce	White Nacho Doritos [^] , Salsa Cup, Fresh Chopped Romaine, French	Wedges, Fresh Apple Slices, Mustard,	Fresh Baby Carrots, Ranch Dressing Orange-Tangerine Juice BBO Sauce
Peaches, Milk	Sun Splash Veggie Juice, Applesauce,	Fresh Chopped Romaine, French		Orange-Tangerine Juice, BBQ Sauce,
Peaches, Milk	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	Orange-Tangerine Juice, BBQ Sauce, Milk
· · · · · · · · · · · · · · · · · · ·	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option	Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk Vegetarian Option	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option	Orange-Tangerine Juice, BBQ Sauce, Milk Vegetarian Option
Peaches, Milk Vegetarian Option	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger	Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk Vegetarian Option VEGETARIAN CHILI w/BEANS	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^	Orange-Tangerine Juice, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS^,
Peaches, Milk Vegetarian Option CHEESE PIZZA^, Country Blend	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun^, Mashed Potatoes, Sun Splash	Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk Vegetarian Option VEGETARIAN CHILI w/BEANS Wild White Nacho Doritos^, Salsa Cup,	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices,	Orange-Tangerine Juice, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS^, Cornbread^, Baked Beans, Fresh Baby
Peaches, Milk Vegetarian Option	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce,	Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk Vegetarian Option VEGETARIAN CHILI w/BEANS Wild White Nacho Doritos^, Salsa Cup, Fresh Chopped Romaine, French	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^	Orange-Tangerine Juice, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS^, Cornbread^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange-
Peaches, Milk Vegetarian Option CHEESE PIZZA [^] , Country Blend Vegetables, Diced Peaches, Milk	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	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	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	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
Peaches, Milk Vegetarian Option CHEESE PIZZA^, Country Blend Vegetables, Diced Peaches, Milk MONDAY	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce,	Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk Vegetarian Option VEGETARIAN CHILI w/BEANS Wild White Nacho Doritos^, Salsa Cup, Fresh Chopped Romaine, French	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices,	Orange-Tangerine Juice, BBQ Sauce, Milk Vegetarian Option VEGETARIAN CHIK'N NUGGETS^, Cornbread^, Baked Beans, Fresh Baby Carrots, Ranch Dressing, Orange-
Peaches, Milk Vegetarian Option CHEESE PIZZA^, Country Blend Vegetables, Diced Peaches, Milk <u>MONDAY</u> January 31, 2022	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	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	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	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
Peaches, Milk Vegetarian Option CHEESE PIZZA^, Country Blend Vegetables, Diced Peaches, Milk MONDAY	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	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	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	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
Peaches, Milk Vegetarian Option CHEESE PIZZA [^] , Country Blend Vegetables, Diced Peaches, Milk <u>MONDAY</u> January 31, 2022 BREAKFAST APPLE CINNAMON CHEERIOS [^] ,	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	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	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	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
Peaches, Milk Vegetarian Option CHEESE PIZZA^, Country Blend Vegetables, Diced Peaches, Milk <u>MONDAY</u> January 31, 2022 BREAKFAST APPLE CINNAMON CHEERIOS^, Graham Crackers^, Dried Cranberries,	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	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	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	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
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Peaches, Milk Vegetarian Option CHEESE PIZZA [^] , Country Blend Vegetables, Diced Peaches, Milk <u>MONDAY</u> January 31, 2022 BREAKFAST APPLE CINNAMON CHEERIOS [^] , Graham Crackers [^] , Dried Cranberries, Orange-Tangerine Juice, Milk LUNCH BEAN & CHEESE BURRITO [^] , Salsa	Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk Vegetarian Option VEGETARIAN BURGER, Hamburger Bun [^] , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk	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	Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI^ Potato Wedges, Fresh Apple Slices, Mustard, Ketchup, Milk	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
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