

# January 2022

## K-8 Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 3, 2022</b> <b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> RAINBOW RASPBERRY YOGURT, String Cheese, Granola <sup>^</sup> , Mixed Berry Animal Crackers <sup>^</sup> , Mango Wango Veggie Juice, Baby Carrots, Pineapple Tidbits, Ranch Dressing, Milk	<b>January 4, 2022</b> <b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Waffle Breakfast Square <sup>^</sup> , Fruit Juice, Fruit Cup, Milk <b>LUNCH</b> ZEE ZEEs BEAN DIPZ, Zee Zee's Spicy Sunflower Kernels, Tostitos Tortilla Rounds <sup>^</sup> , Paradise Punch Veggie Juice, Baby Carrots, Fresh Orange, Vanilla Cookie <sup>^</sup> , Ranch Dressing, Milk	<b>January 5, 2022</b> <b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Fruit Juice, Craisins, Milk <b>LUNCH</b> TURKEY & CHEESE on a KAISER ROLL <sup>^</sup> , Italian Corn Salad, Fruit Punch Juice, Milk	<b>January 6, 2022</b> <b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Grape Juice, Peach Cup, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Zee Zee's Taco Hummus, Baby Carrots, Grape Juice, Mustard, Milk	<b>January 7, 2022</b> <b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & AMERICAN CHEESE SANDWICH <sup>^</sup> , Tropical Veggie Juice, Watermelon Craisins, Mustard, Milk
<b>January 10, 2022</b> <b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Fresh Baby Carrots, Celery Sticks, Applesauce, Ranch Dressing, Mustard, Milk	<b>January 11, 2022</b> <b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread <sup>^</sup> , Milk	<b>January 12, 2022</b> <b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	<b>January 13, 2022</b> <b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Fruit Punch Juice, Diced Peaches, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	<b>January 14, 2022</b> <b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Chile Lime Roasted Chickpeas, Fresh Broccoli Florets, Fresh Pear, Ranch Dressing, Mustard, Milk
<b>January 17, 2022</b> <b>MARTIN LUTHER KING, JR. DAY</b>	<b>January 18, 2022</b> <b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Sun Splash Veggie Juice, Fresh Baby Carrots, Light Ranch Dressing, Mixed Fruit, Mustard, Milk	<b>January 19, 2022</b> <b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Orange-Tangerine Juice, Mustard, Milk	<b>January 20, 2022</b> <b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Fruit Punch Juice, Diced Peaches, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	<b>January 21, 2022</b> <b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Broccoli Florets, Light Ranch Dressing, Fresh Banana, Mustard, Milk
<b>January 24, 2022</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY & CHEESE SANDWICH <sup>^</sup> , Fresh Baby Carrots, Celery Sticks, Applesauce, Ranch Dressing, Mustard, Milk	<b>January 25, 2022</b> <b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Cornbread <sup>^</sup> , Milk	<b>January 26, 2022</b> <b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> TURKEY BOLOGNA SANDWICH <sup>^</sup> , Fresh Chopped Romaine, Fresh Cauliflower Florets, Light French Dressing, Diced Peaches, Mustard, Milk	<b>January 27, 2022</b> <b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Fruit Punch Juice, Diced Peaches, Milk <b>LUNCH</b> TURKEY HAM & CHEESE SANDWICH <sup>^</sup> , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	<b>January 28, 2022</b> <b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Chile Lime Roasted Chickpeas, Fresh Broccoli Florets, Fresh Pear, Ranch Dressing, Mustard, Milk
<b>January 31, 2022</b> <b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread <sup>^</sup> , Milk				<b>*Menu Subject to Change*</b>

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 \*\*\*

Revised 01/07/22