

# January 2022

## K-12 Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
VIRTUAL LEARNING	VIRTUAL LEARNING	VIRTUAL LEARNING	VIRTUAL LEARNING	VIRTUAL LEARNING
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, Craisins, Orange-Tangerine Juice, Milk <b>LUNCH</b> CHEESE PIZZA <sup>^</sup> , Country Blend Vegetables, Diced Pears, Milk	<b>BREAKFAST</b> STRAWBERRY YOGURT, Granola <sup>^</sup> , Diced Peaches, Grape Juice, Milk <b>LUNCH</b> MEATBALL SUB <sup>^</sup> , Broccoli, Orange-Tangerine Juice, Milk <b>Vegetarian Option</b> MINI CHEESE RAVIOLI w/SAUCE <sup>^</sup>	<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	<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>	Home Study Day
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MARTIN LUTHER KING, JR. DAY	<b>BREAKFAST</b> TRIX <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Dried Cranberries, Fruit Punch, Milk <b>LUNCH</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> VANILLA YOGURT, String Cheese, Tropical Veggie Juice, Diced Pears, Combread <sup>^</sup> , Milk	<b>BREAKFAST</b> RASPBERRY-CHERRY YOGURT, Granola <sup>^</sup> , Fresh Banana, Grape Juice, Milk <b>LUNCH</b> TERIYAKI CHICKEN SANDWICH <sup>^</sup> , French Fries, Fresh Orange, Ketchup, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER <sup>^</sup>	<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
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>LUNCH</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 SANDWICH <sup>^</sup> , Mashed Potatoes, Sun Splash Veggie Juice, Applesauce, BBQ Sauce, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER <sup>^</sup>	<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	<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>	<b>BREAKFAST</b> STRAWBERRY YOGURT, Granola <sup>^</sup> , Fresh Apple, Milk <b>LUNCH</b> HERO SANDWICH <sup>^</sup> , Hummus, Baby Carrots, Fresh Pear, Mustard, Milk
MONDAY	TUESDAY	THURSDAY	FRIDAY	
January 31, 2022				
<b>BREAKFAST</b> APPLE CINNAMON CHEERIOS <sup>^</sup> , Graham Crackers, Dried Cranberries, Orange-Tangerine Juice, Milk <b>LUNCH</b> BEAN & CHEESE BURRITO <sup>^</sup> , Salsa Cup, Corn, Applesauce, Milk			<b>*Menu Subject to Change*</b>	

Revised 01/07/22

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 \*\*\*