



# 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> STRAWBERRY YOGURT, String Cheese, Zee Zees Birthday Cake Bar <sup>^</sup> , Tropical Veggie Juice, Ocean Spray Orange Craisins, Milk	<b>January 4, 2022</b> <b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> SPAGHETTI & MEATBALLS <sup>^</sup> , Cookie <sup>^</sup> , Broccoli, Diced Peaches, Milk <b>Vegetarian Option</b> MINI CHEESE RAVIOLI <sup>^</sup>	<b>January 5, 2022</b> <b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> ZEE ZEES LEMON BLUEBERRY BAR <sup>^</sup> , String Cheese, Honey Roasted Sunflower Seeds, Dragon Punch, Fresh Orange, Milk	<b>January 6, 2022</b> <b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Fruit Punch Juice, Diced Peaches, Milk <b>LUNCH</b> SLOPPY JOE <sup>^</sup> , Baked Beans, Dried Cranberries, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER <sup>^</sup>	<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> PANCAKES & SAUSAGE <sup>^</sup> , Tropical Veggie Juice, Diced Pears, Syrup, Milk <b>Vegetarian Option</b> EGG & CHEESE ON AN ENGLISH MUFFIN <sup>^</sup>
<b>MONDAY</b> January 10, 2022	<b>TUESDAY</b> January 11, 2022	<b>WEDNESDAY</b> January 12, 2022	<b>THURSDAY</b> January 13, 2022	<b>FRIDAY</b> January 14, 2022
<b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> CHEESE PIZZA <sup>^</sup> , Country Blend Vegetables, Diced Pears, Milk	<b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, 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> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> BEAN & CHEESE BURRITO <sup>^</sup> , Mixed Vegetables, Fresh Banana, Salsa, Milk	<b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Fruit Punch Juice, Diced Peaches, Milk <b>LUNCH</b> CRUNCHY CHICKEN TENDERS <sup>^</sup> , Cornbread <sup>^</sup> , Seasoned Diced Potatoes, Sun Splash Veggie Juice, Fresh Apple Slices, BBQ Sauce, Milk <b>Vegetarian Option</b> VEGETARIAN CHIK'N NUGGETS <sup>^</sup>	<b>BREAKFAST</b> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> BBQ CHICKEN SANDWICH <sup>^</sup> , Fresh Baby Carrots, Baked Beans, Diced Peaches, Milk <b>Vegetarian Option</b> VEGETARIAN BURGER <sup>^</sup>
<b>MONDAY</b> January 17, 2022	<b>TUESDAY</b> January 18, 2022	<b>WEDNESDAY</b> January 19, 2022	<b>THURSDAY</b> January 20, 2022	<b>FRIDAY</b> January 21, 2022
<b>MARTIN LUTHER KING, JR. DAY</b>	<b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, Milk <b>LUNCH</b> PIZZA DIPPERS <sup>^</sup> , Marinara Sauce, Sun Splash Veggie Juice, Applesauce, Milk	<b>BREAKFAST</b> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> MINI CHEESE RAVIOLI <sup>^</sup> , Broccoli, Fresh Banana, Vanilla Cookie <sup>^</sup> , Milk	<b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Fruit Punch Juice, Diced Peaches, 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> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> CHICKEN NUGGETS <sup>^</sup> , Cornbread <sup>^</sup> , Baked Beans, Fresh Baby Carrots, Ranch Dressing, Diced Pears, BBQ Sauce, Milk <b>Vegetarian Option</b> VEGETARIAN CHIK'N NUGGETS <sup>^</sup>
<b>MONDAY</b> January 24, 2022	<b>TUESDAY</b> January 25, 2022	<b>WEDNESDAY</b> January 26, 2022	<b>THURSDAY</b> January 27, 2022	<b>FRIDAY</b> January 28, 2022
<b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> CHEESE PIZZA <sup>^</sup> , Country Blend Vegetables, Diced Peaches, Milk	<b>BREAKFAST</b> RICE CHEX <sup>^</sup> , Vanilla Breakfast Square <sup>^</sup> , Grape Juice, Dried Cranberries, 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> CINNAMON TOAST CRUNCH <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> WALKING TURKEY TACO, Wild White Nacho Doritos <sup>^</sup> , Salsa Cup, Fresh Chopped Romaine, French Dressing, Fresh Pear, Milk <b>Vegetarian Option</b> VEGETARIAN CHILI w/BEANS, CORNBREAD <sup>^</sup>	<b>BREAKFAST</b> COCOA PUFFS <sup>^</sup> , Strawberry Breakfast Square <sup>^</sup> , Fruit Punch Juice, Diced Peaches, 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> FRUITY CHEERIOS <sup>^</sup> , Maple Breakfast Square <sup>^</sup> , Orange-Tangerine Juice, Dried Cranberries, Milk <b>LUNCH</b> CHICKEN TENDERS <sup>^</sup> , Cornbread <sup>^</sup> , Baked Beans, Fresh Baby Carrots, Orange-Tangerine Juice, Ranch Dressing, BBQ Sauce, Milk <b>Vegetarian Option</b> VEGETARIAN CHIK'N NUGGETS <sup>^</sup>
<b>MONDAY</b> January 31, 2022	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b> TRIX CEREAL <sup>^</sup> , Graham Crackers <sup>^</sup> , Strawberry-Kiwi Juice, Dried Cranberries, Milk <b>LUNCH</b> BEAN & CHEESE BURRITO <sup>^</sup> , Salsa Cup, Corn, Applesauce, 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