



JANUARY



2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Available Daily:</p> <p>FOR A HEALTHIER YOU, CHOOSE AN ITEM FROM THE FRUIT AND VEGETABLE TABLE</p>						2
<p>3</p> <p><u>Fresh Fruits</u> Banana, Oranges Red or Green Apples Pears Seasonal Fruit</p>	<p>4</p> <p><u>Cereal/Fruit</u> Spaghetti w/meat sauce Garlic Bread Carrots Mixed Fruit</p>	<p>5</p> <p><u>French Toast</u> Fish Filet French Fries Lettuce Salad Peaches Bread Slice</p>	<p>6</p> <p><u>YOGURT/TOAST</u> Chicken Breast Seasoned Rice Broccoli Apricots Dinner Roll</p>	<p>7</p> <p><u>Breakfast Bar</u> Egg Sandwich Hash Brown Patty Peas Berries</p>	<p>8</p> <p><u>Cereal/ Fruit</u> BBQ Pulled Pork On Bun Sweet Potato Fries Fresh Veggies Apple Slices Friday Treat</p>	<p>9</p> <p><i>At least 51% of grains are Whole Grain</i></p> <p>Both Meals include: 1% or Skim Milk Chocolate Milk (lunch only)</p>
<p>10</p> <p><u>Vegetables</u> Carrots, Celery, Broccoli Cauliflower, Cucumbers, Red Peppers, Romaine Lettuce Salad</p>	<p>11</p> <p><u>Cereal/Fruit</u> Hamburger on Bun French Fries Baked Beans Baked Apples</p>	<p>12</p> <p><u>Pancakes</u> Fiestada Pizza Green Beans Cucumber/Celery Sticks Grapes</p>	<p>13</p> <p><u>YOGURT/TOAST</u> Turkey and Noodles Garlic Bread Seasoned Carrots Peaches/Pears</p>	<p>14</p> <p><u>SAUSAGE/TOAST</u> Hot Ham and Cheese Sweet Potato Waffle Broccoli Banana</p>	<p>15</p> <p><u>Cereal/Fruit</u> Breaded Chicken On Bun Lettuce Salad Carrot Sticks Fresh Fruit Friday Treat</p>	<p>16</p> <p>Breakfast Served at 7:35 <u>Main Entrée</u> highlighted in yellow Breakfast items include (subjected to change)</p>
<p>17</p> <p><u>Lunch Sandwich Alt:</u> Sub (wow) butter and jelly UnCrustable PB&J (5-8 gr) Cheese Ham & Cheese Muffin & Cheese Stick</p>	<p>18</p> <p>NO SCHOOL</p>	<p>19</p> <p><u>French</u> Chicken Quesadilla Lettuce/Cheese Salad Black Beans Mixed Fruit</p>	<p>20</p> <p><u>YOGURT/TOAST</u> Mac & Cheese Garlic Bread Stick Peas Strawberries</p>	<p>21</p> <p><u>Egg/toast</u> Beef Teriyaki Sticks Seasoned Rice Cooked Carrots Cinnamon Applesauce Bread Stick</p>	<p>22</p> <p><u>Cereal/Fruit</u> Breaded Pork Patty On Bun Sweet Potato Tots Fresh Veggies Orange Slices Friday Treat</p>	<p>23</p> <p>Main Entrée, Milk, Juice, Assorted Fruits, Assorted Cereals, Yogurt, Cheese Stick, Toast, Muffin</p>
<p>24/31</p> <p>**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE****</p>	<p>25</p> <p><u>Cereal/Fruit</u> Pop Corn Chicken Mashed Potatoes/Gravy Broccoli Dinner Roll Pears</p>	<p>26</p> <p><u>Waffle</u> Pepperoni or Cheese Calzone Green Beans Carrot Sticks Peaches</p>	<p>27</p> <p><u>YOGURT/TOAST</u> Pork Rib Sandwich Sweet Potato Fries Peas Blueberries</p>	<p>28</p> <p><u>SAUSAGE</u> Fish Sticks Buttered Noodles Carrots Bread Stick Apple Slices</p>	<p>29</p> <p><u>Cereal/fruit</u> Bosco Stick w/Marinara Sauce Lettuce Salad Fresh Pear Slices Friday Treat</p>	<p>30</p>