

# January

## BREAKFAST MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>No School New Year's Holiday</b></p> <p>2</p>	<ul style="list-style-type: none"> <li>shelf-stable breakfast: rf snow flurries with cinnamon skeeters and raisins</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>french toast muffin</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>hot cinnamon toast bagel</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>breakfast cinnamon crumble</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li>zac omega bar apple (DF)</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>jumpstart breakfast: mini dipperdoodle /string cheese</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>breakfast cinnamon crumble</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>banana muffin</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>13</p>
<p><b>No School Martin Luther King Jr. Day</b></p> <p>16</p>	<ul style="list-style-type: none"> <li>rf cocoa critters cereal (DF)</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>yogurt/granola</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>rf snow flurries cereal (DF)</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>19</p>	<p><b>No School Inauguration Day</b></p> <p>20</p>
<ul style="list-style-type: none"> <li>rf honey buttons cereal (DF)</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>lemon muffin</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>mini dipperdoodle /string cheese</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>breakfast cinnamon crumble</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>apple cinna-grins cereal fruit (DF)</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>rf cocoa critters cereal (DF)</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>hot waffles with syrup</li> <li>yogurt/granola</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>31</p>			

### What's New?

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

**Breakfast:** choice of % or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

*This institution is an equal opportunity provider*



# January

## LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>No School</b> <b>New Year's Holiday</b></p> <p>2</p>	<ul style="list-style-type: none"> <li>turkey and cheese sandwich</li> <li>baby carrots and edamame</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>cheese lasagna(PK only)</li> <li>garden ranch salad with chicken</li> <li>local sweet potatoes</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>all natural hot dog</li> <li>sunbutter and jelly (PK Only)</li> <li>blanched broccoli florets w/ ranch</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>jumbo Caribbean meatball (PK Only)</li> <li>*NEW* mighty meaty deli</li> <li>local green peas</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li>chicken bites</li> <li>local green beans</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>kickin chicken parm pasta</li> <li>pinto beans &amp; broccoli</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>bbq chicken with cheesy rice (PK only)</li> <li>orange chicken bowl</li> <li>local corn</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>cheese pizza (PK Only)</li> <li>chicken caesar salad</li> <li>chopped lettuce and sliced tomatoes w/ ranch</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich</li> <li>local sweet potatoes</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>13</p>
<p><b>No School</b> <b>Martin Luther King Jr. Day</b></p> <p>16</p>	<ul style="list-style-type: none"> <li>turkey and cheese</li> <li>blanched broccoli florets and pinto beans</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>spaghetti and meatballs</li> <li>local braised greens</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>all natural hot dog</li> <li>sloppy joe (PK Only)</li> <li>baby carrots w/ ranch</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>19</p>	<p><b>No School</b> <b>Inauguration Day</b></p> <p>20</p>
<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>local green peas</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>orange chicken rice bowl</li> <li>baby carrots and edamame</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>hot meatball sub</li> <li>local sweet potatoes</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>oven roasted chicken(DF)</li> <li>chopped lettuce and sliced tomatoes w/ ranch</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>kickin chicken melt sandwich</li> <li>local green beans</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>crispy chicken sandwich</li> <li>local corn</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>baked mac &amp; cheese and</li> <li>bbq chicken lunch combo</li> <li>broccoli florets and garbanzo beans</li> <li>fresh seasonal fruit</li> <li>1% or Fat-Free Milk</li> </ul> <p>31</p>			

### What's New?

It's mighty, it's meaty, and it's all new! The Mighty Meaty Deli Combo Sandwich features turkey ham, turkey salami, and mozzarella cheese on a Kaiser roll. No pork here!

Look for it on the menu on January 6<sup>th</sup> and 23<sup>rd</sup>

**Lunch:** choice of % or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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# January

## SNACK MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>No School New Year's Holiday</b></p> <p>2</p>	<ul style="list-style-type: none"> <li>goldfish cheese crackers</li> <li>fresh seasonal fruit</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>string cheese</li> <li>fresh seasonal fruit</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>skeeter cinnamon grahams</li> <li>fresh seasonal fruit</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>granola/string cheese</li> <li>fresh seasonal fruit</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li>skeeter honey grahams</li> <li>fresh seasonal fruit</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>mini dipperdoodle</li> <li>fresh seasonal fruit</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>zac attack bar strawberry (snack)</li> <li>fresh seasonal fruit</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>string cheese</li> <li>fresh seasonal fruit</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>multigrain rumbles - salsa fresca/juice</li> <li>fresh seasonal fruit</li> </ul> <p>13</p>
<p><b>No School Martin Luther King Jr. Day</b></p> <p>16</p>	<ul style="list-style-type: none"> <li>goldfish cheese crackers</li> <li>fresh seasonal fruit</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>mini dipperdoodle</li> <li>fresh seasonal fruit</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>goldfish pretzels/string cheese</li> <li>fresh seasonal fruit</li> </ul> <p>19</p>	<p><b>No School Inauguration Day</b></p> <p>20</p>
<ul style="list-style-type: none"> <li>goldfish cheese crackers</li> <li>fresh seasonal fruit</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>string cheese</li> <li>fresh seasonal fruit</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>skeeter honey grahams</li> <li>fresh seasonal fruit</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>zac attack bar apple</li> <li>fresh seasonal fruit</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>mini dipperdoodle bar</li> <li>fresh seasonal fruit</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>granola/string cheese</li> <li>fresh seasonal fruit</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>dick and janes smart crackers/sunbutter</li> <li>fresh seasonal fruit</li> </ul> <p>31</p>			

### What's New?

Resolve to incorporate healthy snacks into your diet this year!

Smart snacking – look for a balance of whole grains and protein – can help keep your energy and concentration high between meals.

**Snack:** fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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