

January

BREAKFAST MENU



Trinidad Campus

Center City Public Charter Schools

revolution foods.

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
1	Last Day of Winter Break	<ul style="list-style-type: none"> Welcome back Breakfast Pack: Corn Chex with Applesauce Fresh Fruit 	<ul style="list-style-type: none"> Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese/ Fruit Fresh Fruit 	<ul style="list-style-type: none"> Apple Muffin Fresh Fruit
8	<ul style="list-style-type: none"> French Toast Muffin 9 PK Only) Cocoa Critters Cereal Fresh Fruit 	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble Fresh Fruit 	<ul style="list-style-type: none"> HOT French Toast Sticks (PK Only) Blueberry Muffin Fresh Fruit 	<ul style="list-style-type: none"> Lemon Muffin Fresh Fruit
No School in Observance of Dr. Martin L. King Birthday	<ul style="list-style-type: none"> Yogurt/Educational Snacks Fresh Fruit 	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble Fresh Fruit 	<ul style="list-style-type: none"> Apple Muffin Fresh Fruit 	Staff Development Day No School
22	<ul style="list-style-type: none"> String Cheese/Skeeter CINN Grahams Fresh Fruit 	<ul style="list-style-type: none"> RF Snow Flurries Cereal (DF) Fresh Fruit 	<ul style="list-style-type: none"> Blueberry Muffin Fresh Fruit 	<ul style="list-style-type: none"> Zac Omega Bar Blackberry (2.5 oz) (DF) Fresh Fruit
29	<ul style="list-style-type: none"> Lemon Muffin Fresh Fruit 	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble Fresh Fruit 		

Happy New Year!

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 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider



January

LUNCH MENU



Trinidad Campus

Center City Public Charter Schools

revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
1	Last Day of Winter Break	2	3	4
<ul style="list-style-type: none"> • BBQ Chicken with Cheesy Rice • Mighty Meaty Deli Combo Sandwich (PK Only) • Green Peas • Fresh Fruit 	<ul style="list-style-type: none"> • Turkey and Cheddar Sandwich • Baby Carrots with Edamame • Fresh Fruit 	<ul style="list-style-type: none"> • The Revolution Hot Dog (PK Only) • Cheesy Chicken Quesadilla • Steamed Corn • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Bites • Chilled, Seasoned Green Beans • Fresh Fruit 	<ul style="list-style-type: none"> • Oven Roasted Chicken Sandwich (PK Only) • Chicken Caesar Salad • Braised Greens • Fresh Fruit
8	9	10	11	12
<ul style="list-style-type: none"> • *NEW* Cheesy Pizza Bite (vg) • Chicken Caesar Wrap • Chilled, Seasoned Green Beans • Fresh Fruit 	<ul style="list-style-type: none"> • Sloppy Joe (DF) • Chopped Lettuce and Sliced Tomatoes with RANCH • Fresh Fruit 	<ul style="list-style-type: none"> • Creamy Tomato Curry with Grilled Chicken • Sweet Potatoes • Fresh Fruit 	<p>Staff Development Day No School</p>	
15	16	17	18	19
<p>No School in Observance of Dr. Martin L. King Birthday</p>	<ul style="list-style-type: none"> • Kickin Chicken Melt Sandwich • Grape Tomatoes with Pinto Beans • Fresh Fruit 	<ul style="list-style-type: none"> • Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice • Chilled, Seasoned Green Beans • Fresh Fruit 	<ul style="list-style-type: none"> • The Revolution Hot Dog (DF) • Oven Roasted Chicken Sandwich (DF) • Chopped Lettuce and Sliced Tomatoes with RANCH • Fresh Fruit 	
22	23	24	25	26
<ul style="list-style-type: none"> • Classic Spaghetti and Meatballs (DF) • Green Peas • Fresh Fruit 	<ul style="list-style-type: none"> • Cheesy Chicken Quesadilla • Baby Carrots and Pinto Beans • Fresh Fruit 	<ul style="list-style-type: none"> • Chicken Caesar Wrap • Chilled, Seasoned Green Beans • Fresh Fruit 	<ul style="list-style-type: none"> • Baked Mac & Cheese and Chicken Bites Lunch Combo • Blanched Broccoli Florets with RANCH • Fresh Fruit 	<ul style="list-style-type: none"> • Flame Broiled Beef Cheeseburger • Sweet Potatoes • Fresh Fruit
29	30	31		
<ul style="list-style-type: none"> • Crispy Chicken Sandwich (DF) • Chilled, Seasoned Green Beans • Fresh Fruit 	<ul style="list-style-type: none"> • Sesame Chicken Wrap (DF) • Edamame • Blanched Broccoli Florets • Fresh Fruit 	<ul style="list-style-type: none"> • Classic Chicken Parm Pasta • Steamed Corn • Fresh Fruit 		

Happy New Year!
What's New?

Cheesy-bite size goodness! Try our new Cheesy Bite Pizza!

Our hearty chili is now served with a delicious side of corn bread!

Look for them on the menu on January 10th and 23rd!

Lunch: choice of 1% 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.

- Vegetable of the day

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SNACK



Trinidad Campus

Center City Public Charter Schools

revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
1	Last Day of Winter Break 2	• Skeeter HONEY Grahams/Fruit 3	• Mini Dipperdoodle (1.3 oz)/Fruit 4	• Multigrain Rumbles - Salsa Fresca/Fruit 5
• Goldfish "Colors" Cheddar Crackers/String Cheese 8	• Multigrain Rumbles - Ranch/Fruit 9	• Revolution Foods Honey Wheat Crackers/String Cheese 10	• Yogurt/Fruit 11	• Zac Attack Bar Apple/Fruit (Snack) 12
No School in Observance of Dr. Martin L. King Birthday 15	• Revolution Foods Honey Wheat Crackers/Juice 16	• Educational Snacks/Fruit 17	• Skeeter HONEY Grahams/Fruit 18	Staff Development Day No School 19
• Skeeter HONEY Grahams/Fruit 22	• Goldfish Pretzels/Fruit 23	• Educational Snacks/String Cheese 24	• Goldfish Cheese Crackers/Fruit 25	• Whole Grain Ranch Rumbles/Fruit 26
• Goldfish "Colors" Cheddar Crackers/String Cheese 29	• Multigrain Rumbles - Ranch/Fruit 30	• Skeeter HONEY Grahams/Fruit 31		

Happy New Year!

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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