## January



### **Breakfast Menu**

Breakfast foods are **rich in key nutrients such as folate, calcium, iron, B vitamins and fiber**. Breakfast provides a lot of your day's total nutrient intake. In fact, people who eat breakfast are more likely to meet their recommended daily intakes of vitamins and minerals than people who don't

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Condiments offered Daily	3	4	5	6
		No School Winter Break		
9	10	11	12	13
Cheerios	Blueberry Pancakes	Apple Oatmeal Bar Sunflower Seeds	Turkey Sausage Biscuit Banana	Blueberry Muffin Pear
String Cheese Pineapple Cup	Apple Craisins	Orange	Banana Raisins	Applesauce
Apple Cherry Juice	0.11.00.00	Pineapple Cup		
16	17	18	19	20
No School	Bagel w Cream Cheese	Blueberry Oatmeal Bar	Cheese, Turkey Sausage	Banana Loaf
	Hard Boiled Egg	Sunflower Seeds	and Waffle Sandwich	Banana
	Apple	Orange	Pear	Applesauce
	Craisins	Pineapple Cup	Raisins	
23	24	25	26	27
Apple Cinnamon	Pancake Sausage Bites	Strawberry Granola Bar	Pancakes	Blueberry Muffin Top
Cheerios	Apple	Sunflower Seeds	Banana	Pear
Orange Apple Cherry Juice	Craisins	Orange Pineapple Cup	Raisins	Applesauce
30	31			
<b>Honey Bunches of Oats</b>	Turkey Bacon, Egg and			
Hard Boiled Egg	Cheese Croissant			
Orange	Apple			
Apple Cherry Juice	Craisins			



## January

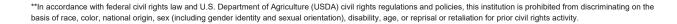


### **Lunch Menu**

#### Health Fun Facts!

- Applesauce was the first food eaten in space.
- Pistachios aren't nuts—they are actually fruits.
- Broccoli contains more protein than steak!

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Condiments offered Daily	3	4	5	6
·		No School Winter Break		
9	10	11	12	13
Nacho Kit Salsa Applesauce	Chicken and Cheese Quesadilla Corn Pineapple Cup	Baked Mac and Cheese Cucumber Slices Apple	Local Chicken Drumstick w Rice Broccoli Craisins	Nacho Boli BBQ Bean Salad Clementines
16	17	18	19	20
No School	Chicken Alfredo Pasta Green Beans Pineapple Cup	Bean and Cheese Tamale Red Pepper Strips Applesauce	Chicken Nuggets w Dinner Roll Seasoned Potatoes Pear	Cheese Pizza Mixed Green Salad Clementines
23	24	25	26	27
Penne and Meatballs w/Marinara Sauce Zucchini Apple	Crispy Chicken Sandwich Corn Pineapple Cup	Veggie Chili Mac Mixed Green Salad Applesauce	Toasted 3 Cheese Croissant w/ Tomato Soup Baby Carrots Craisins	Chicken and Vegetable Pot Stickers Edamame Clementines
30	31			
Meatloaf w/Texas Toast Lemon Chickpea Salad Apple	Cheese Pizza Broccoli Pineapple Cup			





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- Applesauce was the first food eaten in space.
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- Broccoli contains more protein than steak!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Milk and Condiments offered Daily	3	4	5	6
J		No School Winter Break		
9	10	11	12	13
Nacho Kit	Chicken and Cheese	Baked Mac and Cheese	Local Chicken Drumstick	Nacho Boli
Salsa Applesauce	Quesadilla Cheese Quesadilla	BBQ Chicken Sandwich Cucumber Slices	w Rice Toasted Cheese Sandwich	Turkey Ham and Cheese Hoagie
	Corn	Apple	Broccoli	BBQ Bean Salad
	Pineapple Cup		Craisins	Clementines
16	17	18	19	20
No School	Chicken Alfredo Pasta Pizza Bagel	Bean and Cheese Tamale Beef Tacos	Chicken Nuggets w Dinner Roll	Turkey Sausage Pizza Cheese Pizza
	Green Beans	Red Pepper Strips	Macaroni and Cheese	Mixed Green Salad
	Pineapple Cup	Applesauce	Seasoned Potatoes Pear	Clementines
23	24	25	26	27
Penne and Meatballs w/Marinara Sauce Yogurt Protein Kit Zucchini	Crispy Chicken Sandwich Nacho Boli Corn	Veggie Chili Mac BBQ Chicken Sandwich Mixed Green Salad Applesauce	BBQ Drumstick w/ Rice Toasted 3 Cheese Croissant w/ Tomato Soup	Chicken and Vegetable Pot Stickers Orange Chicken w/ Rice Edamame
Apple	Pineapple Cup		Baby Carrots Craisins	Clementines
30	31			
Meatloaf w/Texas Toast	Turkey Sausage Pizza			
Macaroni and Cheese	Cheese Pizza			
Lemon Chickpea Salad	Broccoli			
Apple	Pineapple Cup			

