

# January

# BREAKFAST

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Cheerios with Educational Snacks, Raisins, Applesauce Cup and Shelf Stable Milk <b>3</b>	Waffle with Syrup Packet and Fresh Fruit <b>4</b> Classic Chicken Sausage & Cheddar Brekwich with Syrup Packet and Fresh Fruit Whole Grain Cheerios with Educational Snacks, Raisins, Applesauce Cup and Shelf Stable Milk	Cinnamon Crumble with Fresh Fruit <b>5</b>  French Toast Sticks with Syrup Packet and Fresh Fruit	French Toast Muffin with Fresh Fruit <b>6</b>  Classic Chicken Sausage & Cheddar Bagel with Fresh Fruit	Zee Zees Cinnamon Crisp Bar with Fresh Fruit <b>7</b>  Classic Cheese Omelet with Whole Grain Roll and Fresh Fruit
Whole Grain Cinnamon Chex with Fresh Fruit <b>10</b>	Vanilla Concha Bread with Fresh Fruit <b>11</b>  Waffle with Syrup Packet and Fresh Fruit	Plain Bagel with Cream Cheese Packet and Fresh Fruit <b>12</b>  Egg and Cheese Breakfast Muffin with Fresh Fruit	Whole Grain Cheerios with Educational Snacks and Fresh Fruit <b>13</b>  Buttermilk Pancakes with Syrup Packet and Fresh Fruit	Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit <b>14</b>  Sausage & Cheddar Biscuit with Fresh Fruit
Whole Grain Corn Chex with Educational Snacks and Fresh Fruit <b>17</b>	Waffle with Syrup Packet and Fresh Fruit <b>18</b>  Egg and Cheese Breakfast Muffin with Fresh Fruit	Banana Muffin with Fresh Fruit <b>19</b>  French Toast Sticks with Syrup Packet and Fresh Fruit	Whole Grain Cheerios with Educational Snacks and Fresh Fruit <b>20</b>  Buenos Dias Breakfast Burrito with Fresh Fruit	Whole Grain BlueBerry Chex with Fresh Fruit <b>21</b>  Buttermilk Pancakes with Syrup Packet and Fresh Fruit
Whole Grain Cinnamon Chex with Fresh Fruit <b>24</b>	Waffle with Syrup Packet and Fresh Fruit <b>25</b>  Egg and Cheese Breakfast Muffin with Fresh Fruit	Plain Bagel with Cream Cheese Packet and Fresh Fruit <b>26</b>  Egg and Cheese Breakfast Muffin with Fresh Fruit	Whole Grain Cheerios with Educational Snacks and Fresh Fruit <b>27</b>  Buttermilk Pancakes with Syrup Packet and Fresh Fruit	Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit <b>28</b> Turkey, Cheddar Cheese & Omelet Gordita with Syrup Packet and Fresh Fruit
Whole Grain Corn Chex with Educational Snacks and Fresh Fruit <b>31</b>				

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Choice of or fat-free milk; fresh fruit available daily except when fruit juice is served.

**Dairy-Free (DF)**  
**Vegetarian (V)**

This institution is an equal opportunity provider. All grains offered are whole-grain rich.

# January

# BREAKFAST

PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Whole Grain Cheerios with Cinnamon Grahams Paradise Punch 100% Juice Applesauce Cup and Shelf Stable Milk</p>	<p>4</p> <p>Waffle with Syrup Packet and Fresh Fruit Classic Chicken Sausage &amp; Cheddar Brekwich with Syrup Packet and Fresh Fruit Whole Grain Cheerios with Cinnamon Grahams Paradise Punch 100% Juice Applesauce Cup and Shelf Stable Milk</p>	<p>5</p> <p>Cinnamon Crumble with Fresh Fruit Classic Chicken Sausage &amp; Cheddar Bagel with Fresh Fruit</p>	<p>6</p> <p>French Toast Sticks with Syrup Packet and Fresh Fruit Classic Chicken Sausage &amp; Cheddar Bagel with Fresh Fruit</p>	<p>7</p> <p>Whole Grain Cheerios with String Cheese and Fresh Fruit Classic Cheese Omelet with Whole Grain Roll and Fresh Fruit</p>
<p>10</p> <p>Whole Grain Cinnamon Chex with Fresh Fruit</p>	<p>11</p> <p>Cinnamon Crumble with Fresh Fruit Waffle with Syrup Packet and Fresh Fruit</p>	<p>12</p> <p>Plain Bagel with Cream Cheese Packet and Fresh Fruit Egg and Cheese Breakfast Muffin with Fresh Fruit</p>	<p>13</p> <p>Whole Grain Cheerios with Educational Snacks and Fresh Fruit Buttermilk Pancakes with Syrup Packet and Fresh Fruit</p>	<p>14</p> <p>Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit Sausage &amp; Cheddar Biscuit with Fresh Fruit</p>
<p>17</p> <p>Whole Grain Corn Chex with Educational Snacks and Fresh Fruit</p>	<p>18</p> <p>Waffle with Syrup Packet and Fresh Fruit Classic Chicken Sausage &amp; Cheddar Brekwich with Syrup Packet and Fresh Fruit</p>	<p>19</p> <p>Banana Muffin with Fresh Fruit French Toast Sticks with Syrup Packet and Fresh Fruit</p>	<p>20</p> <p>Whole Grain Cheerios with Educational Snacks and Fresh Fruit Buenos Dias Breakfast Burrito with Fresh Fruit</p>	<p>21</p> <p>Whole Grain BlueBerry Chex with Fresh Fruit Buttermilk Pancakes with Syrup Packet and Fresh Fruit</p>
<p>24</p> <p>Whole Grain Cinnamon Chex with Educational Snacks and Fresh Fruit</p>	<p>25</p> <p>Vanilla Concha Bread with Fresh Fruit Waffle with Syrup Packet and Fresh Fruit</p>	<p>26</p> <p>Plain Bagel with Cream Cheese Packet and Fresh Fruit Egg and Cheese Breakfast Muffin with Fresh Fruit</p>	<p>27</p> <p>Whole Grain Cheerios with Educational Snacks and Fresh Fruit Buttermilk Pancakes with Syrup Packet and Fresh Fruit</p>	<p>28</p> <p>Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit Turkey, Cheddar Cheese &amp; Omelet Gordita with Syrup Packet and Fresh Fruit</p>
<p>31</p> <p>Whole Grain Corn Chex with Educational Snacks and Fresh Fruit</p>				

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Vegetarian (V)

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# January

# LUNCH

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Buffalo Chicken with Honey Wheat Crackers, Paradise Punch 100% Juice and Strawberry Applesauce Cup</p>	<p><b>4</b></p> <p>Southwest Veggie Wrap with Ranch Dressing Packet (VG)                      Chicken Salad Sub Sandwich (DF)                      Chicken Teriyaki with Carrot Rice (DF)                      Cheese Enchilada with Seasoned Rice and Black Beans (VG)</p> <p>Steamed Corn</p>	<p><b>5</b></p> <p>Classic Turkey &amp; Cheddar Sandwich                      Cheddar Cheese Sub Sandwich with Yogurt (VG)                      Oven Roasted Chicken Sandwich (DF)                      Cheese Pizza with Whole Grain Goldfish Cheddar Crackers (VG)                      Chicken Caesar Salad</p> <p>Braised Greens</p>	<p><b>6</b></p> <p>Egg Salad Sub on Whole Grain Bun (DF) (VG)                      Pesto Pasta Salad with Chicken                      Korean BBQ Beef with Carrot Rice (DF)                      Chicken Taco Duo</p> <p>Celery-Sticks</p>	<p><b>7</b></p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)                      Tuna Sandwich Kit (DF)                      Flame-Broiled Beef Burger with Honey Wheat Crackers (DF)                      Bean &amp; Cheese Burrito (VG)</p> <p>Falafel Tots</p>
<p><b>10</b></p> <p>Greek Garbanzo Flatbread Sandwich (DF) (VG)                      Pizza Please! Pizza Chef Kit (VG)                      Chicken Mumbo with Not So Fried Rice (DF)                      Chicken Gumbo and Corn Bread</p> <p>Baby Carrots</p>	<p><b>11</b></p> <p>Tuna Sandwich Kit (DF)                      Chicken Salad Sub Sandwich (DF)                      Flame-Broiled Beef Burger with Honey Wheat Crackers (DF)                      Pizza Panada Pie (VG)</p> <p>Falafel Tots</p>	<p><b>12</b></p> <p>Honey Mustard Chicken Wrap                      Cheddar Cheese Sub Sandwich with Yogurt (VG)                      Jerk Chicken Drumstick &amp; Pineapple Carrot Rice (DF)                      Red Beans and Rice (DF)                      Garden Ranch Salad with Chicken</p> <p>Braised Greens</p>	<p><b>13</b></p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)                      Classic Turkey &amp; Cheddar Sandwich                      Vegan Jamaican Calzoni (DF) (VG)                      Flame-Broiled Beef Cheeseburger</p> <p>Steamed Corn</p>	<p><b>14</b></p> <p>Chillin Chinese Chicken Noodles with Sesame Soy Dressing                      Pizza Please! Pizza Chef Kit (VG)                      The Revolution Hot Dog (DF)                      Hearty Veggie Chili and Seasoned Rice with Mini Cornbread (VG)</p> <p>Celery-Sticks</p>
<p><b>17</b></p> <p>Chicken Salad Sub Sandwich (DF)                      Southwest Veggie Wrap with Ranch Dressing Packet (VG)                      Korean BBQ Beef with Carrot Rice (DF)                      Philly Cheese Steak Sandwich</p> <p>Green Peas</p>	<p><b>18</b></p> <p>Egg Salad Sub on Whole Grain Bun (DF) (VG)                      Tuna Sandwich Kit                      Chicken Teriyaki with Carrot Rice                      Chicken Taco Duo</p> <p>Black Beans Chili Citrus Corn</p>	<p><b>19</b></p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese                      Classic Turkey &amp; Cheddar Sandwich                      Chicken Jambalaya (DF)                      Cheese Pizza (VG)                      Veggie Chef Salad (VG)</p> <p>Braised Greens</p>	<p><b>20</b></p> <p>Egg Salad Sub on Whole Grain Bun (DF) (VG)                      Pesto Pasta Salad with Chicken                      Baked Mac &amp; Cheese and Chicken Bites Lunch Combo                      Crispy Chicken Sandwich (DF)</p> <p>Baby Carrots</p>	<p><b>21</b></p> <p>Turkey, Cheddar &amp; Guacamole Sandwich                      Sesame Chicken Wrap with Sesame Vinaigrette Packet (DF)                      Sloppy Joe Sandwich (DF)                      Pretzel Nacho Calzoni (VG)</p> <p>Celery-Sticks</p>
<p><b>24</b></p> <p>Greek Garbanzo Flatbread Sandwich (VG) (DF)                      Pizza Please! Pizza Chef Kit (VG)                      Chicken Mumbo with Not So Fried Rice (DF)                      Chicken Gumbo and Corn Bread</p> <p>Baby Carrots</p>	<p><b>25</b></p> <p>Tuna Sandwich Kit (DF)                      Chicken Salad Sub Sandwich (DF)                      Flame-Broiled Beef Burger (DF)                      Pizza Panada Pie (VG)</p> <p>Pinto Beans</p>	<p><b>26</b></p> <p>Honey Mustard Chicken Wrap                      Cheddar Cheese Sub Sandwich w/ Yogurt (VG)                      Oven Roasted Chicken Sandwich (DF)                      Creamy Pasta Alfredo with Yogurt (VG)</p> <p>Braised Greens</p>	<p><b>27</b></p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG)                      Classic Turkey &amp; Cheddar Sandwich                      Sweet Garlic Noodles with Chicken (DF)                      Flame-Broiled Beef Cheeseburger</p> <p>Roasted Potatoes</p>	<p><b>28</b></p> <p>Chillin Chinese Chicken Noodles with Sesame Soy Dressing                      Cheese &amp; Taco Hummas Sandwich (VG)                      The Revolution Hot Dog (DF)                      Hearty Veggie Chili and Seasoned Rice (VG)</p> <p>Celery-Sticks</p>
<p><b>31</b></p> <p>Chicken Salad Sub Sandwich (DF)                      Southwest Veggie Wrap with Ranch Dressing Packet (VG)                      Beef Rib Mumbo with Carrot Rice (DF)                      Bean and Cheese Pupusa (VG)</p> <p>Green Peas</p>				

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**Vegetable of the Day**

**Dairy-Free (DF) Vegetarian (V)** options available daily – if not listed on the menu, available upon request



# January



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Buffalo Chicken with Honey Wheat Crackers, Paradise Punch 100% Juice and Strawberry Applesauce Cup</p>	<p>4</p> <p>Southwest Veggie Wrap with Ranch Dressing Packet (VG) Chicken Salad Sub Sandwich (DF) Chicken Teriyaki with Carrot Rice (DF) Cheese Enchilada with Seasoned Rice and Black Beans (DF)</p> <p>Steamed Corn</p>	<p>5</p> <p>Classic Turkey &amp; Cheddar Sandwich Cheddar Cheese Sub Sandwich with Yogurt (DF) Oven Roasted Chicken Sandwich (DF) Cheese Pizza with Whole Grain Goldfish Cheddar Crackers (VG)</p> <p>Braised Greens</p>	<p>6</p> <p>Egg Salad Sub on Whole Grain Bun (DF) Pesto Pasta Salad with Chicken Korean BBQ Beef with Carrot Rice (DF) Chicken Taco Duo</p> <p>Seasoned Green Beans</p>	<p>7</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Tuna Sandwich Kit (DF) Flame-Broiled Beef Burger (DF) Bean &amp; Cheese Burrito (VG)</p> <p>Chili Citrus Corn</p>
<p>10</p> <p>Egg Salad Sub on Whole Grain Bun (DF) Pizza Please! Pizza Chef Kit (VG) Chicken Mumbo with Not So Fried Rice (DF) Chicken Gumbo and Corn Bread</p> <p>Diced Carrots</p>	<p>11</p> <p>Tuna Sandwich Kit (DF) Chicken Salad Sub Sandwich (DF) Flame-Broiled Beef Burger (DF) Pizza Panada Pie (VG)</p> <p>Black Beans</p>	<p>12</p> <p>Honey Mustard Chicken Wrap Cheddar Cheese Sub Sandwich with Yogurt (VG) BBQ Chicken with Cheesy Rice Red Beans and Rice (DF)</p> <p>Braised Greens</p>	<p>13</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Classic Turkey &amp; Cheddar Sandwich Vegan Jamaican Calzoni (DF) (VG) Flame-Broiled Beef Cheeseburger</p> <p>Steamed Corn</p>	<p>14</p> <p>Chillin Chinese Chicken Noodles with Sesame Soy Dressing Pizza Please! Pizza Chef Kit (VG) Chicken Bites with Savory Pizza Crackers (DF) Hearty Veggie Chili and Seasoned Rice with Mini Cornbread (VG)</p> <p>Green Peas</p>
<p>17</p> <p>Chicken Salad Sub Sandwich (DF) Southwest Veggie Wrap with Ranch Dressing Packet (VG) Korean BBQ Beef with Carrot Rice (DF) Flame-Broiled Beef Cheeseburger</p> <p>Green Peas</p>	<p>18</p> <p>Egg Salad Sub on Whole Grain Bun (DF) Tuna Sandwich Kit (DF) Chicken Teriyaki with Carrot Rice (DF) Chicken Taco Duo</p> <p>Black Beans Chili Citrus Corn</p>	<p>19</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Classic Turkey &amp; Cheddar Sandwich Chicken Jambalaya (DF) Cheese Pizza (VG)</p> <p>Braised Greens</p>	<p>20</p> <p>Egg Salad Sub on Whole Grain Bun (DF) Pesto Pasta Salad with Chicken Baked Mac &amp; Cheese and Chicken Bites Lunch Combo Crispy Chicken Sandwich (DF)</p> <p>Diced Carrots</p>	<p>21</p> <p>Turkey, Cheddar &amp; Guacamole Sandwich Sesame Chicken Wrap with Sesame Vinaigrette Packet (DF) Sloppy Joe Sandwich (DF) Pretzel Nacho Calzoni (VG)</p> <p>Coleslaw</p>
<p>24</p> <p>Egg Salad Sub on Whole Grain Bun (DF) Pizza Please! Pizza Chef Kit (VG) Chicken Mumbo with Not So Fried Rice (DF) Chicken Gumbo and Corn Bread</p> <p>Diced Carrots</p>	<p>25</p> <p>Tuna Sandwich Kit (DF) Chicken Salad Sub Sandwich (DF) Flame-Broiled Beef Burger (DF) Pizza Panada Pie (VG)</p> <p>Pinto Beans</p>	<p>26</p> <p>Honey Mustard Chicken Wrap Cheddar Cheese Sub Sandwich with Yogurt (VG) Oven Roasted Chicken Sandwich (DF) Creamy Pasta Alfredo with Yogurt (VG)</p> <p>Braised Greens</p>	<p>27</p> <p>Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Classic Turkey &amp; Cheddar Sandwich Sweet Garlic Noodles with Chicken (DF) Flame-Broiled Beef Cheeseburger</p> <p>Roasted Potatoes</p>	<p>28</p> <p>Chillin Chinese Chicken Noodles with Sesame Soy Dressing Cheese &amp; Taco Hummas Sandwich (VG) Chicken Bites with Savory Pizza Crackers (DF) Hearty Veggie Chili and Seasoned Rice (VG)</p> <p>Seasoned Green Beans</p>
<p>31</p> <p>Chicken Salad Sub Sandwich (DF) Southwest Veggie Wrap with Ranch Dressing Packet (VG) Beef Rib Mumbo with Carrot Rice (DF) Bean and Cheese Pupusa (VG)</p> <p>Green Peas</p>				

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## Vegetable of the Day

**Dairy-Free (DF) Vegetarian (V)** options available daily – if not listed on the menu, available upon request

# January

# SUPPER

GRAB AND GO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Chicken Pesto Pasta Salad  Whole Wheat Slices for Sandwich w/ Sunbutter, Grape Jelly Packet, Fresh Celery Sticks & String Cheese(V)	5 Snacker Pack! Educational Snacks w/ String Cheese, Lightly Salted Sunflower Seeds & Baby Carrots(V)  Chicken Bites Sandwich w/ String Cheese & Celery Sticks(DF)	6 Greek Chicken Flatbread w/ Celery Sticks & Grape Tomatoes  Cheese Please! Pizza Chef Kit (Flat Bread, Marinara Sauce, Mozzarella Cheese, String Cheese) w/ Baby Carrots (V)	7 Chicken Picnic Pasta Salad w/ Broccoli Florets  Whole Wheat Slices for Sandwich w/ Sunbutter, Grape Jelly Packet, Celery Sticks & String Cheese (V)
10 Whole Wheat Slices for Sandwich w/ Sliced Cheddar Cheese, Sliced Turkey & Celery Sticks  Cheese Slider Snacker Pack w/ Sunflower Seeds & Cucumber Slices(V)	11 Snacker Pack! Educational Snacks w/ String Cheese, Sunflower Seeds & Baby Carrots(V)  Chicken Bites Snacker Pack w/ Baby Carrots (DF)	12 Veggie Chef Salad w/ Whole Grain Dinner Roll(V)  BBQ Chicken Slider Snacker Pack w/ Chopped Romaine Lettuce, Tomato(DF)	13 Chicken Salad Slider Snacker Pack w/ String Cheese  Snacker Pack! Educational Snacks w/ String Cheese, Lightly Salted Sunflower Seeds, Baby Carrots (V)	14 Whole Wheat Slices for Sandwich w/ Sunbutter, Grape Jelly Packet, Fresh Celery Sticks, String Cheese(V)  Turkey Slider Snacker Pack w/ Baby Carrots & Lightly Salted Sunflower Seeds(DF)
17 Sliced Turkey w/ Sliced Cheddar Cheese, Honey Wheat Crackers & Celery Sticks  Cheese Please! Pizza Chef Kit (Flat Bread, Marinara Sauce, Mozzarella Cheese, String Cheese) w/ Baby Carrots(V)	18 Snacker Pack! Honey Wheat Crackers w/ Sunbutter, String Cheese & Fresh Celery Sticks (V)  Chicken Bites Sandwich w/ String Cheese & Celery Sticks(DF)	19 Chicken Garden Ranch Salad  Veggie Chef Salad w/ Whole Grain Dinner Roll(V)	20 Turkey Pesto Wrap w/ Fresh Celery Sticks  Cheese Slider Snacker Pack w/ Lightly Salted Sunflower Seeds & Cucumber Slices(V)	21 Snacker Pack! Educational Snacks w/ String Cheese, Lightly Salted Sunflower Seeds & Baby Carrots(V)  Sweet Garlic Chicken Noodles w/ Broccoli Florets(DF)
24 Whole Wheat Slices for Sandwich w/ Sliced Cheddar Cheese, Sliced Turkey & Celery Sticks  Cheese Slider Snacker Pack w/ Lightly Salted Sunflower Seeds & Cucumber Slices(V)	25 Snacker Pack! Goldfish Pretzel Crackers w/ Lightly Salted Sunflower Seeds, String Cheese & Baby Carrots(V)  Chicken Bites Snacker Pack w/ Baby Carrots(DF)	26 Veggie Chef Salad w/ Whole Grain Dinner Roll(V)  BBQ Chicken Slider Snacker Pack w/ Chopped Romaine Lettuce, Tomato(DF)	27 Chicken Salad Slider Snacker Pack w/ String Cheese  Snacker Pack! Educational Snacks w/ String Cheese, Lightly Salted Sunflower Seeds & Baby Carrots(V)	28 Whole Wheat Slices for Sandwich w/ Sunbutter, Grape Jelly Packet, Fresh Celery Sticks & String Cheese(V)  Turkey Slider Snacker Pack w/ Baby Carrots & Lightly Salted Sunflower Seeds(DF)
31 Sliced Turkey w/ Sliced Cheddar Cheese, Honey Wheat Crackers & Celery Sticks  Cheese Please! Pizza Chef Kit (Flat Bread, Marinara Sauce, Mozzarella Cheese, String Cheese) w/ Baby Carrots (V)				

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Student Favorite ★