

HAPPY NEW YEAR

JANUARY LUNCH CALENDAR 2023

2 NO SCHOOL	3 Popcorn Chicken, Crinkle Fries, Mixed Vegetables	4 Grilled Cheese Tomato Soup, Pickles, Chips	5 Chicken Fajita, sides:cheese, salsa, sour cream, onion peppers,black bean & corn salad cup	6 Pizza optional pepperoni topping, garden salad, assorted chips
9 Hamburger or cheese, whole grain roll, sweet potato fries	10 Turkey Taco, hard & soft shell, refried beans, sour cream, cheese, salsa, caesar salad	11 ½ Day Bag Lunch Pretzel, honey mustard or cheese cup, carrot sticks, ranch cup, chips	12 Ham & Cheese on a sub roll, side of tomato & lettuce. Celery sticks and hummus, chips, pickles	13 Pancakes, Hashbrown, Sausage, syrup cup, juice
16 NO SCHOOL	17 Spaghetti w/ meatballs, butter or sauce, garlic knot, salad	18 Hot Dog, on a whole grain roll, baked beans, green beans, chips	19 Grilled BBQ chicken, mashed potato, gravy, mixed vegetables	20 Pizza, cheese or pepperoni, fries, fruit cup
23 Veggie dumpling, fried rice, broccoli	24 Cheese Quesadilla, side of chill, carrot sticks with hummus or ranch	25 Macaroni and Cheese, cornbread, green beans	26 BIRTHDAY DAY! Chicken Patty, WG roll, Smiley Fries, Corn, Special Treat	27 Brunch for Lunch Waffles, Syrup cup, Tater Tots, bacon, Juice

Companion Bags everyday will include at least one of each of the following:	Assorted Fruit/Vegetable	Milk Chocolate 8 oz- fat free White 8 oz	Protein Ex: Cheese stick, cheese cup, yogurt, chill	Grain Ex: Assorted Pretzels, crackers, Muffin, nutrigrain bar, zeezee bar
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OVER →

All meals served with a fruit, vegetable and 8 oz choice of milk

BREAKFAST

Trix : Cocoa Roos : Frosted Flakes : Cinnamon Toast Crunch : Marshmallow Mateys, fruity cheerios asst.Nutrigrain bars, asst Poptarts, Apple or Strawberry Delights, Zee Zee Apple Bars or assorted muffins. * All whole grain and meet the NSLP standards.

Special Breakfast Wednesday's

1/4- Blueberry or Chocolate Chip Muffin Tops

1/11- Blueberry Bread or Raspberry Cream Cheese Bar

1/18 - Bagels with Butter or Cream Cheese

1/25 - Parfait with graham cracker, strawberry and whip cream top

DAILY BREAKFAST MENU:

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk

- THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

All Items are Offer vs. Serve. Meal Components should meet the SNLP standards

Breakfast choice requirements are at least 1 fruit or vegetable and 2 (milk, grain or protein)

Lunch choice requirements are to take at least 5, but no less than 3!