

January

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> shelf-stable breakfast: rf snow flurries with cinnamon skeeters and raisins (PK served with Applesauce) 	<ul style="list-style-type: none"> french toast muffin 	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese 	<ul style="list-style-type: none"> jumpstart breakfast: mini dipperdoodle /string cheese
2	3	4	5	6
<ul style="list-style-type: none"> skeeter honey grahams/ cinnamon rumbles (DF) 	<ul style="list-style-type: none"> lemon muffin 	<ul style="list-style-type: none"> plain whole wheat bagel/ cream cheese 	<ul style="list-style-type: none"> breakfast cinnamon crumble 	<ul style="list-style-type: none"> yogurt/dick and janes smart crackers
9	10	11	12	13
<p>No School Martin Luther King Jr. Day</p>	<ul style="list-style-type: none"> zac omega bar blackberry (DF) 	<ul style="list-style-type: none"> apple muffin 	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese 	<p>No School</p>
16	17	18	19	20
<ul style="list-style-type: none"> string cheese/skeeter cinnamon grahams 	<ul style="list-style-type: none"> zac omega bar strawberry (DF) 	<ul style="list-style-type: none"> mini dipperdoodle /string cheese 	<ul style="list-style-type: none"> apple muffin 	<ul style="list-style-type: none"> apple cinna-grins cereal fruit (DF)
23	24	25	26	27
<ul style="list-style-type: none"> dipper doodle bar fruit (DF) 	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese 			
30	31			

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 K-5

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • chicken potstickers (DF) • cheese pizza panada pie (VG) • baby carrots and edamame 	<ul style="list-style-type: none"> • cheese lasagna(VG) • local sweet potatoes 	<ul style="list-style-type: none"> • all natural hot dog (DF) • sunbutter and jelly(VG) ○ blanched broccoli florets w/ ranch 	<ul style="list-style-type: none"> • *NEW* mighty meaty deli • southwest veggie wrap (VG) ○ local green peas
2	3	4	5	6
<ul style="list-style-type: none"> • chicken bites (DF) • cheese sandwich(VG) ○ local green beans 	<ul style="list-style-type: none"> • cheese ravioli (VG) • veggie chef's salad (VG) ○ pinto beans & broccoli 	<ul style="list-style-type: none"> ○ orange chicken bowl ○ sunbutter and jelly ○ local corn 	<ul style="list-style-type: none"> • flame broiled cheeseburger • cheese pizza ○ chopped lettuce and sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • egg salad sandwich (DF) (VG) ○ local sweet potatoes
9	10	11	12	13
<p>No School Martin Luther King Jr. Day</p>	<ul style="list-style-type: none"> • pizza panada pie (VG) • turkey and cheese ○ blanched broccoli florets and pinto beans 	<ul style="list-style-type: none"> • spaghetti and meatballs (DF) • egg salad sandwich ○ local braised greens 	<ul style="list-style-type: none"> • all natural hot dog (DF) • sunbutter and jelly (VG) ○ baby carrots w/ ranch 	<p>No School</p>
16	17	18	19	20
<ul style="list-style-type: none"> • chicken bites (DF) • egg salad sandwich (VG) (DF) • mighty meaty deli combo ○ local green peas 	<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (meatless) (VG) • honey mustard chicken wrap ○ baby carrots and edamame 	<ul style="list-style-type: none"> • cheese lasagna (VG) ○ local sweet potatoes 	<ul style="list-style-type: none"> • flame broiled cheeseburger • veggie chef's salad (VG) ○ chopped lettuce and sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> • cheese ravioli (VG) ○ local green beans
23	24	25	26	27
<ul style="list-style-type: none"> • egg and cheese panada pie (VG) • crispy chicken sandwich (DF) ○ local corn 	<ul style="list-style-type: none"> • baked mac & cheese and bbq chicken lunch combo • veggie taco salad (VG) ○ broccoli florets and garbanzo beans 			
30	31			

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 6th and 23rd

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.

○ Vegetable of the day

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January

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> • chicken potstickers (DF) • cheese pizza panada pie (VG) ○ diced carrots & pinto beans 	<ul style="list-style-type: none"> • cheese lasagna with whole grain pasta (VG) ○ local sweet potatoes 	<ul style="list-style-type: none"> • cheesy chicken quesadilla • sunbutter and jelly sandwich (VG) ○ broccoli florets with ranch 	<ul style="list-style-type: none"> • jumbo caribbean meatball with rice (DF) • southwest veggie wrap (VG) ○ local green peas
2	3	4	5	6
<ul style="list-style-type: none"> • chicken bites (DF) • cheese sandwich (VG) ○ local green beans 	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) ○ pinto beans & broccoli florets 	<ul style="list-style-type: none"> • orange chicken rice bowl (DF) • sunbutter and jelly sandwich (VG) ○ local corn 	<ul style="list-style-type: none"> • flame broiled beef cheeseburger • cheese pizza (VG) ○ chopped lettuce and sliced tomatoes 	<ul style="list-style-type: none"> • hawaiian meatballs with island style rice • egg salad sandwich(VG) (DF) ○ local sweet potatoes
9	10	11	12	13
<p style="text-align: center;">No School Martin Luther King Jr. Day</p>	<ul style="list-style-type: none"> • cheese pizza panada pie (VG) • turkey and cheese sandwich (pre-k) ○ pinto beans & broccoli florets 	<ul style="list-style-type: none"> • spaghetti and meatballs (DF) • egg salad sandwich (VG) (DF) ○ local braised greens 	<ul style="list-style-type: none"> • buffalo chicken sandwich • sunbutter and jelly sandwich (VG) ○ diced carrots w/ ranch 	<p style="text-align: center;">No School</p>
16	17	18	19	20
<ul style="list-style-type: none"> • chicken bites (DF) • egg salad sandwich (VG) (DF) ○ green peas 	<ul style="list-style-type: none"> • "pepperoni" calzoni pizza • (meatless) (VG) • orange honey mustard chicken wrap ○ pinto beans & diced carrots 	<ul style="list-style-type: none"> • cheese lasagna with whole grain pasta (VG) ○ local sweet potatoes 	<ul style="list-style-type: none"> • flame broiled beef cheeseburger • cheese sandwich (VG) ○ chopped lettuce and sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (VG) • chicken caesar wrap ○ local green beans
23	24	25	26	27
<ul style="list-style-type: none"> • crispy chicken sandwich (DF) • turkey and cheese sandwich ○ local corn 	<ul style="list-style-type: none"> • baked mac & cheese and bbq chicken lunch combo • egg salad sandwich(VG) (DF) ○ broccoli florets & pinto beans 			
30	31			

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

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○ Vegetable of the day

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January

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
	• multigrain rumbles - ranch	• string cheese	• skeeter cinnamon grahams	• sunflower seeds
2	3	4	5	6
• revolution foods honey wheat crackers	• yogurt	• zac attack bar strawberry (snack)	• string cheese	• multigrain rumbles – cinnamon
9	10	11	12	13
No School Martin Luther King Jr. Day	• dick and janes smart crackers	• mini dipperdoodle	• goldfish pretzels/string cheese	No School
16	17	18	19	20
• goldfish cheese crackers	• string cheese	• skeeter honey grahams	• yogurt	• mini dipperdoodle
23	24	25	26	27
• sunflower seeds	• dick and janes smart crackers/sunbutter			
30	31			

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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