

January

ES Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
• Cinnamon Chex/Zac Attack 8	• Omega Bar 9	• Cheerios/Mini Dipperdoodle Bar 10	• Bagel/Cream cheese 11	• Lemon Muffin 12
No School 15	• Yogurt/Educational Snacks 16	• Breakfast Cinnamon Crumble 17	• Apple Muffin 18	• Bagel/Cream cheese 19
Honey Buttons Cereal 22	• Bagel/Cream cheese 23	• Flurries Cereal 24	• Multigrain Cheerios/Mini 25	• Breakfast Cinnamon Crumble 26
• MultiGrain Cheerios/Zac Attack 29	• Lemon Muffin 30	• Bagel/Cream Cheese 31		

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

ES Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<ul style="list-style-type: none"> Italian "Sausage" Calzoni Green Peas <p>8</p>	<ul style="list-style-type: none"> General Tso's Chicken Jumbo Italian Meatball with Baby Carrots with Edamame <p>9</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p>10</p>	<ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Chopped Lettuce and Sliced Tomatoes with RANCH <p>11</p>	<ul style="list-style-type: none"> Lone Star BBQ Chicken Sandwich Sweet Potatoes <p>12</p>
<p>No School</p> <p>15</p>	<ul style="list-style-type: none"> Kickin Chicken Melt Sandwich Beans <p>16</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p>17</p>	<ul style="list-style-type: none"> Hot Dog Chopped Lettuce and Sliced Tomatoes with RANCH <p>18</p>	<ul style="list-style-type: none"> Cheese Pizza with a Whole Grain Crust Steamed Corn <p>19</p>
<ul style="list-style-type: none"> Classic Spaghetti and Meatballs Green Peas <p>22</p>	<ul style="list-style-type: none"> Cheesy Chicken Quesadilla Baby Carrots and Pinto Beans <p>23</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p>24</p>	<ul style="list-style-type: none"> Flame Broiled Beef Cheeseburger Blanched Broccoli Florets with RANCH <p>25</p>	<ul style="list-style-type: none"> Pizza Burge Melt Black Bean Wrap Sweet Potatoes <p>26</p>
<ul style="list-style-type: none"> Crispy Chicken Sandwich Chilled, Seasoned Green Beans <p>29</p>	<ul style="list-style-type: none"> Pepper Jack Cheeseburger Edamame Blanched Broccoli Florets <p>30</p>	<ul style="list-style-type: none"> Bag Lunch Inside Classroom <p>31</p>		

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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January

ES Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
• Goldfish "Colors" Cheddar Crackers/ String Cheese 8	• Multigrain Rumbles - 9	10	• Educational Snacks/ String Cheese 11	• Goldfish Pretzels/ Fruit •) 12
No School 15	• Goldfish "Hot & Spicy" Cheddar Crackers 16	17	• Goldfish Cheese Crackers 18	• Goldfish "Colors" Cheddar Crackers/ String Cheese 19
• Skeeter HONEY Grahams/Fruit 22	• Goldfish Pretzels/ Fruit 23	24	• Goldfish Cheese Crackers/Fruit 25	• Blueberry Zac Bars 26
• Goldfish "Colors" Cheddar Crackers/ String Cheese 29	• Educational Snacks/ Fruit 30	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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