

JANUARY BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>NEW YEAR'S DAY!</p> <p>1</p> <p>NO SCHOOL</p>	<p>2</p> <p>• NO SCHOOL</p>	<p>3</p> <p>• cheerios & educational snacks (shelf stable)</p>	<p>4</p> <p>• lemon muffin</p>
<p>7</p> <p>• cinnamon chex & educational snacks</p>	<p>8</p> <p>• cinnamon crumble</p>	<p>9</p> <p>• blueberry burst bagel & cream cheese</p>	<p>10</p> <p>• zee zees cinnamon crisp bar</p>	<p>11</p> <p>• plain bagel & string cheese</p>
<p>14</p> <p>• yogurt & cinnamon grahams</p>	<p>15</p> <p>• blueberry muffin</p>	<p>16</p> <p>• zac omega fruit filled strawberry bar</p>	<p>17</p> <p>• plain bagel & cream cheese</p>	<p>18</p> <p>• banana muffin</p>
<p>21</p> <p>NO SCHOOL</p>	<p>22</p> <p>• cinnamon "dipperdoodle" bar</p>	<p>23</p> <p>• blueberry bagel & cream cheese</p>	<p>24</p> <p>• zac omega fruit filled strawberry bar</p>	<p>25</p> <p>• plain bagel & cream cheese</p>
<p>28</p> <p>• cheerios & education crackers</p>	<p>29</p> <p>• lemon muffin</p>	<p>30</p> <p>• plain bagel & cream cheese</p>	<p>31</p> <p>• blueberry muffin • orange juice available</p>	

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

JANUARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>NEW YEAR'S DAY! 1</p> <p>NO SCHOOL</p>	<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <ul style="list-style-type: none"> • the revolution dog ○ sliced carrots 	<p>4</p> <ul style="list-style-type: none"> • cheese pizza green peas
<p>7</p> <ul style="list-style-type: none"> • chicken bites ○ steamed corn 	<p>8</p> <ul style="list-style-type: none"> • beef burger ○ seasoned green beans 	<p>9</p> <ul style="list-style-type: none"> • Bag Lunch • Inside Classroom 	<p>10</p> <ul style="list-style-type: none"> • the revolution dog ○ lettuce & tomatoes with ranch 	<p>11</p> <ul style="list-style-type: none"> • chicken salad sandwich • sweet potatoes
<p>14</p> <ul style="list-style-type: none"> • kickin' chicken melt ○ steamed corn 	<p>15</p> <ul style="list-style-type: none"> • meatless "sausage" calzoni ○ glazed carrots 	<p>16</p> <ul style="list-style-type: none"> • Bag Lunch • Inside Classroom 	<p>17</p> <ul style="list-style-type: none"> • crispy chicken sandwich lettuce & tomatoes with ranch 	<p>18</p> <ul style="list-style-type: none"> • cheese pizza ○ seasoned green beans (
<p>21</p> <p>No School</p>	<p>22</p> <ul style="list-style-type: none"> • beef cheeseburger ○ seasoned green beans 	<p>23</p> <ul style="list-style-type: none"> • Bag Lunch • Inside Classroom 	<p>24</p> <ul style="list-style-type: none"> • kickin' chicken alfredo ○ lettuce & tomatoes with ranch 	<p>25</p> <ul style="list-style-type: none"> • spaghetti & meatballs ○ sweet potatoes
<p>28</p> <ul style="list-style-type: none"> • cheesy chicken quesadilla ○ seasoned green beans 	<p>29</p> <ul style="list-style-type: none"> • hot meatball sub ○ island glazed carrots 	<p>30</p> <p>Bag Lunch Inside Classroom</p>	<p>31</p> <ul style="list-style-type: none"> • mac and cheese & chicken bites ○ lettuce & tomatoes with ranch 	

HAPPY NEW YEAR!

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