

January

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL ³	Whole Grain Cheerios Cereal ⁴ Cinnamon Graham Paradise Juice Applesauce	⁵ Cinnamon Crumble with Fresh Fruit	⁶ Vanilla Concha Bread with Fresh Fruit	Plain Bagel with ⁷ Cream Cheese Packet and Fresh Fruit
Whole Grain ¹⁰ Cinnamon Chex with Educational Snacks and Fresh Fruit	¹¹ Banana Muffin with Fresh Fruit	Plain Bagel with ¹² Cream Cheese Packet and Fresh Fruit	Corn Chex Cereal ¹³ with Fresh Fruit	Blueberry Burst ¹⁴ Bagel with Cream Cheese Packet and Fresh Fruit Fruit
¹⁷ NO SCHOOL	¹⁸ Granola with Fresh Fruit	¹⁹ Banana Muffin With Fresh Fruit	²⁰ Whole Grain Cheerios	²¹ Yogurt with Granola and Fresh Fruit
²⁴ Whole Grain Cinnamon Chex	²⁵ Vanilla Concha Bread with Fresh Fruit	²⁶ Plain Bagel with Cream Cheese	²⁷ Zee Zees Berry Apple Crisp Bar with Fresh Fruit	²⁸ Lemon Muffin with Fresh Fruit
³¹ Whole Grain Corn Chex and Fruit				

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

surveymonkey.com/r/meals-survey



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

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

Dairy-Free (DF)
Vegetarian (V)

January

LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO SCHOOL	4 Chicken Teriyaki with Carrot Rice Steamed Corn	5 Cheese Pizza with Side Salad)	6 BBQ Beef with Carrot Rice	7 Flame-Broiled Beef Burger with Falafel Tots
10 Chicken Mumbo with Not So Fried Rice Baby Carrots	11 Pizza Panada Pie Falafel Tots	12 Jerk Chicken Drumstick & Pineapple Carrot Rice Braised Greens	13 Flame-Broiled Beef Cheeseburger Steamed Corn	14 Hot Dog Celery-Sticks
17 NO SCHOOL	18 Chicken Teriyaki with Carrot Rice	19 Cheese Pizza with Side Salad	20 Baked Mac & Cheese and Chicken Bites Lunch Combo	21 Sesame Chicken Wrap with Sesame Vinaigrette Packet
24 Chicken Gumbo and Corn Bread Baby Carrots	25 Flame-Broiled Beef Burger Pinto Beans	26 Oven Roasted Chicken Sandwich Braised Greens	27 Sweet Garlic Noodles with Chicken Roasted Potatoes	28 Hot Dog Celery-Sticks
31 Beef Rib Mumbo with Carrot Rice				

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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