

K-12 Breakfast Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

		Frosted Flakes Diced Peaches 100% Grape Juice	5 Blueberry Shredded Wheat w/ Graham Crackers	6 Cinnamon Crips Bar Raisins & 100% Grape Juice
9 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	10 Strawberry Yogurt w/ Graham Crackers Diced Pineapple & 100% Apple Juice	11 Strawberry Shredded Wheat Cereal w/ Graham Crackers Diced Peaches & 100% Grape Juice	12 Plain Bagel w/ Cream Cheese Applesauce & 100% Orange Juice	13 Multi-Grain Cinnamon Flakes w/ Graham Crackers Raisins & 100% Grape Juice
16 NO SCHOOL	17 Strawberry Yogurt w/ Graham Crackers Diced Pineapple & 100% Apple Juice	18 Multi-Grain Cinnamon Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	19 Plain Bagel w/ Cream Cheese Applesauce & 100% Orange Juice	20 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
23 MultiGrain Cheerios w/ Graham Crackers Raisins & Applesauce	24 Strawberry Yogurt Graham Crackers Diced Peaches & 100% Grape Juice	25 Cinnamon Raisin Bagel With Butter Applesauce & 100% Orange Juice	26 Honey Bunches of Oats w/ Graham Crackers Fresh Apple & 100% Orange Juice	27 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
30 Multi-Grain Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	31 Strawberry Yogurt w/ Graham Crackers Fresh Apple & Diced Pineapple			



K-8 Lunch Menu

January 2023

MONDAY

TUESDAY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>4 Chicken Breast Chicken with Side Salad Fruit</p>	<p>5 Beef Meatloaf With Gravy With Bun Mashed Potatoes</p>	<p>6 French Bread Cheese Pizza Fresh Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>9 Beef Salisbury w/ Gravy With Bread Roasted Potatoes Fresh Apple</p>	<p>10 Chicken & Vegetable Dumplings Oriental Vegetables</p>	<p>11 BBQ Chicken over Brown Rice Baked Beans Fresh pple</p>	<p>12 Turkey Fajita w/ Brown Rice Carrots Fresh Banana</p>	<p>13 Cheese Pizza ^v Garden Salad with Ranch Dressing Fresh Apple</p>
<p>16 NO SCHOOL</p>	<p>17 Fajita Chicken over Brown Rice Black Beans & Tomatoes Fresh Fruit</p>	<p>18 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Fresh Fruit</p>	<p>19 Cheese Raviolis Tomato Sauce Green Beans Fresh Fruit</p>	<p>20 French Bread Cheese Pizza Fresh Baby Carrots Fresh Apple</p>
<p>23 BBQ Beef Meatballs With Club Roll Steamed Broccoli Fresh Apple</p>	<p>24 Turkey Hot Dog On Bun Baked Beans Fresh Fruit</p>	<p>25 Chicken Tenders Roasted Potatoes Fresh Apple</p>	<p>26 Cheese Lasagna w/ Tomato Sauce Green Beans Fresh Fruit</p>	<p>27 Cheese Pizza ^v Fresh Baby Carrots w/ Ranch Dressing Fresh Fruit</p>
<p>30 Chicken Nuggets Baked Beans Fresh Fruit</p>	<p>31 Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Steamed Broccoli Fresh Pear</p>			

