

# Breakfast Pre-K

**JANUARY 2024**

MON	TUE	WED	THU	FRI
1	2 Multi-Grain Cheerios w/ 100% Orange Juice	3 Corn Muffin w/ Fresh Apple Slices	4 Yogurt w/ 100% Orange Juice	5 Cheerios w/ 100% Grape Juice
8 Multi-Grain Flakes w/ 100% Grape Juice	9 Yogurt w/ Fresh Apple Slices	10 Rice Chex w/ 100% Apple Juice	11 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	12 Banana Muffin w/ Diced Peaches
15	16 Multi-Grain Cinnamon Flakes w/ Diced Peaches	17 Multi-Grain Cheerios w/ Fresh Apple Slices	18 Yogurt w/ 100% Orange Juice	19 Cheerios w/ 100% Grape Juice
22 Multi-Grain Flakes w/ 100% Grape Juice	23 Yogurt w/ Fresh Apple Slices	24 Rice Chex w/ 100% Apple Juice	25 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	26 Banana Muffin w/ Diced Peaches
29 Blueberry Muffin w/ 100% Fruit Juice	30 Multi-Grain Cheerios w/ 100% Orange Juice	31 Corn Muffin w/ Fresh Apple Slices		

## DID YOU KNOW...

- ✓ All grain products are wholegrain 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

## Breakfast Milk Choices

1% Unflavored Milk  
Skim Unflavored Milk

## Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



# Breakfast K-12

**JANUARY 2024**

MON	TUE	WED	THU	FRI
1	2 Strawberry Yogurt w/ Graham Crackers or Apple Slices & Diced Pineapple	3 Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	4 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	5 Blueberry Muffin Fresh Orange & 100% Strawberry Kiwi Juice
8 Banana Muffin Raisins & Applesauce	9 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	10 Frosted Flakes w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	11 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	12 Cinnamon Crisp Bar Raisins & 100% Grape Juice
15	16 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	17 Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	18 Plain Bagel w/ Cream Cheese or Cinnamon Bun Apple Slices & 100% Orange Juice	19 Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
22 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	23 Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple	24 Cinnamon Raisin Bagel w/Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	25 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	26 Cherry Cocoa Bar Fresh Pear & 100% Strawberry Kiwi Juice
29 Cinnamon Crisp Bar Raisins & 100% Grape Juice	30 Strawberry Yogurt w/ Graham Crackers or Breakfast Pizza Apple Slices & Diced Pineapple	31 Cinnamon Flakes w/ Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice		

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Skim Unflavored Milk

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# Lunch Pre-K

JANUARY 2024

MON	TUE	WED	THU	FRI
1	2 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Apple	3 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)  Fresh Pear	4 <b>NEW!</b> Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V)  Orange Slices	5 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V)  Italian Vegetables  Fresh Apple
8 Beef Burger w/ Ketchup & Green Beans <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Apple Slices	9 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  Fresh Pear	10 Chicken Alfredo w/ Penne Pasta <b>or</b> Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Apple	11 Meatloaf w/ Gravy & Mashed Potatoes <b>or</b> <b>NEW!</b> Penne w/ Chickpeas in Tomato Sauce Broccoli  Orange Slices	12 Cheese Pizza (V) Garden Salad w/ Ranch Dressing  Fresh Apple
15	16 Spanish Rice & Beans w/ Plantain (V)  Fresh Apple	17 Salisbury Steak w/ Roasted Potatoes <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)  Fresh Pear	18 BBQ Chicken w/ Sweet Mashed Potatoes <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V)  Orange Slices	19 Turkey Fajita w/ Brown Rice & Corn <b>or</b> Cheese Pizza w/ Garden Salad & Ranch Dressing (V)  Fresh Apple
22 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll <b>or</b> Cheese Raviolis w/ Tomato Sauce (V)  Italian Vegetables  Apple Slices	23 Chicken Mole w/ Brown Rice Pilaf & Green Peas <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Pear	24 Chicken Fingers w/ Ketchup <b>or</b> Falafel Nuggets w/ Whole Wheat Bread Slice (V)  Corn  Fresh Apple	25 Penne w/ Beef Meat Sauce w/ Italian Vegetables <b>or</b> <b>NEW!</b> Penne w/ Tomato Sauce & Chickpeas (V)  Orange slices	26 Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple
29 Chicken Bites w/ Roasted Potatoes <b>or</b> <b>NEW!</b> Vegetarian Chili w/ Brown Rice & Green Beans  Apple Slices	30 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables <b>or</b> Spanish Rice & Beans w/ Plantain (V)  Fresh Apple	31 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)  Fresh Pear		

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Skim Unflavored Milk

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# Lunch K-8

**JANUARY 2024**

MON	TUE	WED	THU	FRI
1	2 Chicken Fajita w/ Black Beans & Tomato <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Pear	3 Spaghetti & Beef Meatballs in Tomato Sauce <b>or</b> Pasta in Tomato Sauce w/ Mozzarella Cheese (V)  Broccoli  Fresh Apple	4 Crispy Cheesy Chicken Biscuit Sandwich & Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V)  Fresh Banana	5 Turkey & Cheese Sandwich w/ Mayonnaise <b>or</b> Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
8 Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V)  Fresh Apple	9 Beef Meatballs in Tomato Sauce w/ Club Roll <b>or</b> Home-Style Macaroni & Cheese (V)  Broccoli  Fresh Pear	10 <b>NEW!</b> Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V)  Roasted Sweet Potatoes  Fresh Apple	11 Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V)  Fresh Banana	12 Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V)  Celery w/ Ranch Dressing  Fresh Apple
15	16 BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Chickpea Marinara Pasta (V)  Fresh Pear	17 <b>NEW!</b> Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing <b>or</b> Cheese Raviolis w/ Green Beans (V)  Fresh Apple	18 Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V)  Fresh Banana	19 Chicken Salad Sandwich <b>or</b> Cheese Pizza (V)  Garden Salad w/ Ranch Dressing  Fresh Apple
22 BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce & Mozzarella Cheese (V)  Broccoli  Fresh Apple	23 Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Peas (V)  Fresh Pear	24 Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Apple	25 Chicken Caesar Salad w/ Pita Bread <b>or</b> Cheese Lasagna in Tomato Sauce w/ Green Beans (V)  Fresh Banana	26 Chicken Breast Sandwich w/ Mayonnaise <b>or</b> French Bread Cheese Pizza (V)  Baby Carrots w/ Ranch Dressing  Fresh Apple
29 Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup (V)  Roasted Potatoes  Fresh Apple	30 Chicken Fajita w/ Black Beans & Tomato <b>or</b> Spanish Rice w/ Beans & Cheese (V)  Fresh Pear	31 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V)  Fresh Apple		

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## Lunch Milk Choices

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Skim Unflavored Milk

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# Lunch 9-12

**JANUARY 2024**

MON	TUE	WED	THU	FRI
<b>1</b> 	<b>2</b> Chicken Fajita w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice & Beans w/ Cheese (V) Diced Peaches & Fresh Pear	<b>3</b> Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Banana & Fresh Apple	<b>4</b> Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing <b>or</b> Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	<b>5</b> Turkey & Cheese Sandwich w/ Mayonnaise <b>or</b> Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
<b>8</b> Chicken Nuggets w/ Ketchup & Baked Beans <b>or</b> Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange	<b>9</b> Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese <b>or</b> Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	<b>10</b> <b>NEW!</b> Hot Honey Chicken Ciabatta Sandwich <b>or</b> French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	<b>11</b> Adobo Chicken w/ Cilantro Brown Rice & Street Corn <b>or</b> Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana	<b>12</b> Egg Salad Sandwich (V) <b>or</b> French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins
<b>15</b> 	<b>16</b> BBQ Chicken w/ Brown Rice & Baked Beans <b>or</b> Chickpea Marinara Pasta (V) Diced Peaches & Fresh Pear	<b>17</b> <b>NEW!</b> Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing <b>or</b> Edamame Noodle Bowl w/ Blended Vegetables Fresh Banana & Fresh Apple	<b>18</b> Turkey Fajita w/ Brown Rice & Carrots <b>or</b> Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana	<b>19</b> Chicken Salad Sandwich <b>or</b> Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins
<b>22</b> BBQ Beef Meatballs w/ Club Roll <b>or</b> Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange	<b>23</b> Chicken Tenders w/ Ketchup & Roasted Potatoes <b>or</b> Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear	<b>24</b> Turkey Hot Dog w/ Ketchup & Baked Beans <b>or</b> Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple	<b>25</b> Chicken Caesar Salad w/ Pita Bread <b>or</b> Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana	<b>26</b> Chicken Breast Sandwich w/ Mayonnaise <b>or</b> French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
<b>29</b> Beef Cheeseburger w/ Ketchup <b>or</b> Egg & Cheese Sandwich w/ Ketchup Roasted Potatoes Fresh Apple & Fresh Orange	<b>30</b> Chicken Fajita w/ Brown Rice & Baked Beans <b>or</b> Spanish Rice & Beans w/ Cheese (V) Diced Peaches & Fresh Pear	<b>31</b> Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli <b>or</b> Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Banana & Fresh Apple		

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# Snack K-12

**JANUARY 2024**

MON	TUE	WED	THU	FRI
1	2 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	3 Whole-Grain Sunchips w/ 100% Orange Juice	4 Mozzarella String Cheese w/ Fresh Large Apple	5 Whole-Grain Graham Crackers w/ 100% Orange Juice
8 Whole-Grain Pretzels w/ 100% Orange Juice	9 Whole-Grain Graham Crackers w/ 100% Fruit Juice	10 Blueberry Muffin w/ Mozzarella String Cheese	11 Quaker Chewy Bar w/100% Fruit Juice	12 Tostitos Scoops w/ 100% Apple Juice
15	16 Doritos Cool Ranch w/100% Orange Juice	17 Whole-Grain Graham Crackers w/ 100% Apple Juice	18 Apple Cinnamon Muffin w/ Mozzarella String Cheese	19 Whole-Grain Pretzels w/ 100% Orange Juice
22 Banana Muffin w/ 100% Orange Juice	23 Baked Cheetos w/ 100% Fruit Juice	24 Whole-Grain Graham Crackers w/Strawberry Yogurt	25 Whole-Grain Pretzels w/ Mozzarella String Cheese	26 Corn Muffin w/ 100% Orange Juice
29 Roasted Sunflower Seeds w/ 100% Fruit Juice	30 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	31 Whole-Grain Sunchips w/ 100% Orange Juice		

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# Supper Full Fresh

**JANUARY 2024**

MON	TUE	WED	THU	FRI
1	2 Hero Sandwich w/ Potato Salad  Fresh Apple	3 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn  Fresh Pear	4 Honey Bagel w/ Butter Mozzarella String Cheese(V)  Garden Side Salad w/ Ranch Dressing  Fresh Orange	5 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V)  Italian Vegetables  Fresh Apple
8 Beef Burger w/ Ketchup & Green Beans  Apple Slices	9 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing  Fresh Pear	10 Cheese Ravioli w/ Tomato Sauce & Italian Vegetables (V)  Fresh Apple	11 Turkey & Cheese Sandwich  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	12 Cheese Pizza (V)  Garden Side Salad w/ Ranch Dressing  Fresh Apple
15	16 Hero Sandwich w/ Potato Salad  Fresh Orange	17 Salisbury Steak w/ Roasted Potatoes  Fresh Pear	18 Honey Bagel w/ Butter Mozzarella String Cheese(V)  Garden Side Salad w/ Ranch Dressing  Fresh Apple	19 Turkey Fajita w/ Brown Rice and Corn  Fresh Apple
22 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese  Italian Vegetables  Apple Slices	23 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing  Fresh Pear	24 Chicken Fingers w/ Ketchup & Corn  Fresh Apple	25 Turkey & Cheese Sandwich  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	26 Home-Style Macaroni & Cheese w/ Broccoli (V)  Fresh Apple
29 Chicken Bites w/ Roasted Potatoes  Apple Slices	30 Hero Sandwich w/ Potato Salad  Fresh Apple	31 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn  Fresh Pear		

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# Supper Grab&Go

**JANUARY 2024**

MON	TUE	WED	THU	FRI
1	2 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V)  Fresh Orange	3 <b>NEW!</b> Buffalo Chicken Flatbread Sandwich w/ Celery & Fresh Apple <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	4 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	5 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
8 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V)  Baby Carrots  Diced Peaches	9 Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)	10 Build Your Own Pizza Kit (V)  Fresh Orange	11 Chicken Salad Sandwich Side Salad w/ Ranch Dressing Fresh Pear <b>or</b> Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	12 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice <b>or</b> Strawberry Yogurt w/ Granola Drops (V) Baby Carrots  Applesauce
15	16 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V)  Fresh Orange	17 Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)	18 Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks  Garden Side Salad w/ Ranch Dressing  Pineapple Cup	19 Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)
22 Sunbutter & Jelly Sandwich w/ Mozzarella String Cheese (V)  Baby Carrots  Diced Peaches	23 <b>NEW!</b> Italian Caprese Sandwich w/ Potato Salad <b>or</b> Cheese Sandwich w/ 100% Vegetable Juice (V)  Pineapple Cup	24 Build Your Own Pizza Kit (V)  Fresh Orange	25 Chicken Salad Sandwich Side Salad w/ Ranch Dressing & Fresh Pear <b>or</b> Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Side Salad w/ Ranch Dressing Pineapple Cup	26 Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice <b>or</b> Strawberry Yogurt w/ Granola Drops (V) Baby Carrots  Applesauce
29 Strawberry Yogurt w/ Granola Drops (V)  Baby Carrots  Applesauce	30 Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V) <b>or</b> Build Your Own Pizza Kit (V) Fresh Orange	31 <b>NEW!</b> Buffalo Chicken Flatbread Sandwich w/ Celery & Fresh Apple <b>or</b> Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)		

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