



# January 2023 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams <i>(w/ Banana on 1/10 &amp; 1/31)</i>	Frosted Flakes w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
2	3	4	5	6
Frosted Flakes w/ Cinnamon Grahams	Bean & Cheese Burrito <i>Hot Sauce</i>	Pan Dulce	Cinnamon Pancake Stack <i>Syrup</i>	Banana Bread
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
9	10	11	12	13
Frosted Flakes w/ Cinnamon Grahams	Yogurt Parfait w/ Strawberries Honey Grahams	Banana Bread	French Toast Slice	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
16	17	18	19	20
<b>MLK HOLIDAY</b>	Mini Maple Waffles	Mantecada	Chicken Sausage Breakfast Sandwich <i>Ketchup</i>	Cinnamon Roll
	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
23	24	25	26	27
Bagel w/ Cream Cheese	Breakfast Cheese Tamale	Cranberry Oatmeal Round	Cinnamon Pancake Stack <i>Syrup</i>	Pan Dulce
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
30	31	1	2	3
Chocolate Chip Muffin Flat	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Delight	Scrambled Egg Breakfast Sandwich	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# January 2022 Breakfast Menu "B"



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams	Frosted Flakes w/ Cinnamon Grahams <i>(w/ Banana on 1/11 &amp; 2/1)</i>	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
2	3	4	5	6
Frosted Flakes w/ Cinnamon Grahams	Pan Dulce	Bean & Cheese Burrito <i>Hot Sauce</i>	Banana Bread	Cinnamon Pancake Stack <i>Syrup</i>
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
9	10	11	12	13
Frosted Flakes w/ Cinnamon Grahams	Banana Bread	Yogurt Parfait w/ Strawberries Honey Grahams	Blueberry Mini Muffin & String Cheese	French Toast Slice
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana (1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
16	17	18	19	20
<b>MLK HOLIDAY</b>	Mantecada	Mini Maple Waffles	Cinnamon Roll	Chicken Sausage Breakfast Sandwich <i>Ketchup</i>
	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
23	24	25	26	27
Bagel w/ Cream Cheese	Cranberry Oatmeal Round	Breakfast Cheese Tamale	Pan Dulce	Cinnamon Pancake Stack <i>Syrup</i>
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
30	31	1	2	3
Chocolate Chip Muffin Flat	Cinnamon Delight	Yogurt Parfait w/ Strawberries Honey Grahams	Blueberry Mini Muffin & String Cheese	Scrambled Egg Breakfast Sandwich
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



# January 2023 Cold Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAILY CEREAL OPTION</b>				
Frosted Flakes w/ Cinnamon Grahams	Apple Jacks w/ Honey Grahams <i>(w/ Banana on 1/10 &amp; 1/31)</i>	Frosted Flakes w/ Cinnamon Grahams	Fruit Loops w/ Honey Grahams	Apple Jacks w/ Honey Grahams
<b>FEATURED ENTRÉE OF THE DAY</b>				
2	3	4	5	6
Frosted Flakes w/ Cinnamon Grahams	Pan Dulce	Frosted Flakes w/ Cinnamon Grahams	Pan Dulce	Banana Bread
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
9	10	11	12	13
Frosted Flakes w/ Cinnamon Grahams	Yogurt Parfait w/ Strawberries Honey Grahams	Banana Bread	Pan Dulce	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
16	17	18	19	20
<b>MLK HOLIDAY</b>	Apple Jacks w/ Honey Grahams	Mantecada	Blueberry Mini Muffin & String Cheese	Cinnamon Roll
	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
23	24	25	26	27
Bagel w/ Cream Cheese	Cinnamon Roll	Cranberry Oatmeal Round	Fruit Loops w/ Honey Grahams	Pan Dulce
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Banana(1/2 c) &amp; Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>
30	31	1	1	2
Chocolate Chip Muffin Flat	Yogurt Parfait w/ Strawberries Honey Grahams	Cinnamon Delight	Pan Dulce	Blueberry Mini Muffin & String Cheese
<i>Dried Cranberries (1/2 c) &amp; Apple (1/2 c)</i>	<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) &amp; Apple (1/2 c)</i>	<i>Orange &amp; Pear (1/2 c)</i>	<i>Pear (1/2 c) &amp; Apple (1/2 c)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.

# January 2023 K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Lasagna w/ Tomato Basil Sauce</b>	<b>Beef Nachos</b> <i>Original Popped Chips</i>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<b>SANDWICH OF THE DAY</b>				
<b>Turkey &amp; Cheese Torta</b> <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll</b> <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i>	<b>Turkey Breast Sandwich on Whole Grain Roll</b> <i>Mayonnaise</i> <i>Garbanzo Bean Salad</i>	<b>Italian Turkey Submarine</b> <i>Baby Carrots (1/2 c)</i>	<b>Smoked Turkey &amp; Cheese Sandwich on Knot Roll</b> <i>Mayonnaise</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Cheeseburger Oven Baked Fries</b> <i>Ketchup</i>	<b>Baked Ziti w/ Tomato Basil Meat Sauce</b>	<b>Beef Nachos</b> <i>Original Popped Chips</i>	<b>Chicken Tamale w/ Seasoned Corn</b>	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Chicken Patty Burger Oven Baked Fries</b> <i>Ketchup</i>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>	<b>Turkey &amp; Bean Chili</b> <i>Corn Muffin</i>	<b>Chicken Tortilla Soup</b> <i>Tortilla Chips</i>	<b>Mac &amp; Cheese</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Broccoli Dipper w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>MLK HOLIDAY</b>	<b>Firecracker Chicken Yakisoba Noodles</b>	<b>Beef Picadillo w/ Black Beans &amp; Rice</b>	<b>Chicken Drumstick w/ Mashed Potatoes</b> <i>Cornbread Loaf</i>	<b>Hamburger</b> <i>Ketchup</i> <i>BBQ Baked Chips</i>
	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach, Tomato &amp; Pickle Kit</i>
	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Hot Dog Oven Baked Fries</b> <i>Ketchup</i>	<b>Zesty Pasta Bake w/ Tomato Basil Sauce &amp; Vegan Crumble</b>	<b>Chicken Fajitas w/ Refried Beans, Peppers &amp; Corn</b> <i>Whole Grain Tortillas</i>	<b>Chicken Noodle Soup</b> <i>Whole Grain Cookie</i>	<b>BBQ Beef Rib-A-Que</b>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Broccoli Dipper w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Honey Mustard Grilled Chicken Sandwich Oven Baked Fries</b> <i>Ketchup</i>	<b>Chicken Enchiladas w/ Creamy Green Salsa</b>	<b>Chicken Burrito Bowl w/ Pinto Beans &amp; Rice</b>	<b>Breakfast for Lunch: Pancake, Chicken Sausage &amp; Seasoned Potatoes</b>	<b>Beef, Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. **Menus are subject to change without notice.**

# January 2023 K-8 Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SANDWICH OF THE DAY</b>				
<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i>	<b>Double Cheese Sandwich</b> <i>Baby Carrots (1/2 c)</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Garbanzo Bean Salad</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i>	<b>Double Cheese Sandwich</b> <i>Mayonnaise</i>
<b>FEATURED ENTRÉE OF THE DAY</b>				
2	3	4	5	6
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Baked Ziti</b> <b>w/ Tomato Basil Sauce</b>	<b>French Bread Cheese Pizza</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
9	10	11	12	13
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheesy Penne Alfredo</b> <b>w/ Broccoli</b> <i>Dinner Roll</i>	<b>French Bread Cheese Pizza</b> <i>Garbanzo Bean Salad</i>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Mac &amp; Cheese</b> <i>Whole Grain Cookie</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Broccoli Dipper w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
16	17	18	19	20
<b>MLK HOLIDAY</b>	<b>Cheese Lasagna</b> <b>w/ Tomato Basil Meat Sauce</b>	<b>French Bread Cheese Pizza</b> <i>Garbanzo Bean Salad</i>	<b>Plant-Based Chicken Tenders</b> <b>w/ Mashed Potatoes</b> <i>Dinner Roll</i>	<b>Vegetarian Burger</b> <i>Ketchup</i> <i>BBQ Baked Chips</i>
	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach, Tomato &amp; Pickle Kit</i>
	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
23	24	25	26	27
<b>Plant-Based Chicken Tenders</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Lasagna</b> <b>w/ Tomato Basil Meat Sauce</b>	<b>Plant-Based Chicken Fajitas</b> <b>w/ Refried Beans &amp; Peppers</b> <b>Whole Grain Tortillas</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Broccoli Dipper w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
30	31	1	2	3
<b>Vegetarian Burger</b> <b>Oven Baked Fries</b> <i>Ketchup</i>	<b>Cheese Enchiladas</b> <b>w/ Creamy Green Salsa</b>	<b>Plant-Based Chicken</b> <b>Burrito Bowl (1 c)</b>	<b>Cheese Tamale</b> <b>w/ Seasoned Corn</b>	<b>Bean &amp; Cheese Burrito</b> <i>Hot Sauce</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



# January 2023 Field Trip Lunch Menu K-12



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>MLK HOLIDAY</b>	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey Breast Sandwich on Whole Grain Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on Hoagie Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Turkey & Cheese Torta Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Smoked Turkey & Cheese Sandwich on Knot Roll Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)	Turkey & Cheese Sandwich on WG Croissant Mayonnaise Veg: Double Cheese Sandwich Baby Carrots (1/2 c) Apple & Orange Fruitable Juice (4oz)

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.



# January 2023 Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
2	3	4	5	6
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>Rice Krispie Treat (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>Pear (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>
9	10	11	12	13
<b>WG Cinnamon Crackers (1G)</b>	<b>WG Chex Mix (1G)</b>	<b>WG Churro Baked Chips (1G)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Cheese Puffs (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
16	17	18	19	20
<b>MLK HOLIDAY</b>	<b>WG Nacho Baked Chips (1G)</b>	<b>WG Mini Lemon Muffin (1G)</b>	<b>Sunflower Seeds (1 MA)</b>	<b>WG Honey Crackers (1G)</b>
	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
23	24	25	26	27
<b>WG Strawberry Multi-Grain Bar (1G)</b>	<b>WG Mini Vanilla Loaf (1G)</b>	<b>WG BBQ Baked Chips (1G)</b>	<b>WG Cheddar Crackers (1G)</b>	<b>Rice Krispie Treat (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
30	31	1	2	3
<b>WG Cinnamon Crackers (1G)</b>	<b>WG Chex Mix (1G)</b>	<b>WG Churro Baked Chips (1G)</b>	<b>WG Apple Cinnamon Multi-Grain Bar (1G)</b>	<b>WG Cheese Puffs (1G)</b>
<i>100% Fruit Juice (6 oz)</i>	<i>Apple (3/4 c)</i>	<i>100% Fruit Juice (6 oz)</i>	<i>Pear (3/4 c)</i>	<i>Apple (3/4 c)</i>
<b>All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.</b>				



# January 2023 Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>WG Chicken Patty Burger</b> (2 M/MA, 2 G/B) <b>Oven Baked Fries (1/2 c Veg)</b> <i>Ketchup</i>	<b>Smoked Turkey &amp; Cheese Sandwich</b> <b>on Knot Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>	<b>Chicken Alfredo Pasta</b> (2 M/MA, 1G/B) <b>w/ Steamed Broccoli (1/2 c)</b>	<b>Beef Nachos</b> (2 M/MA, 1/2 c veg) <b>WG Tortilla Chips (2 G/B)</b>	<b>Smoked Turkey &amp; Cheese Sandwich</b> <b>on Knot Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Chicken Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b>	<b>Turkey Breast Sandwich on</b> <b>Whole Grain Roll</b> (2 M/MA, 2 G) <b>Jicama Sticks (1/2 c)</b> <i>Mayonnaise</i>	<b>WG Cheeseburger (2M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Oven Baked Fries (1/2 c veg)</b> <i>Ketchup</i>	<b>WG Baked Ziti (1 G)</b> <b>Tomato Basil Meat Sauce</b> (2M, 1/2 c veg)	<b>Italian Turkey Submarine</b> (2 M/MA, 2 G) <b>Celery Sticks (1/2 c)</b> <i>Mayonnaise</i>
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>MLK HOLIDAY</b>	<b>Smoked Turkey &amp; Cheese Sandwich</b> <b>on Knot Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>	<b>Mac &amp; Cheese (2M, 2G)</b> <b>Fruitable Juice (4 oz, 1/2 c veg)</b>	<b>Chicken Enchiladas</b> (2M/MA, 2 G/B) <b>w/ Green Salsa (1/2 c veg)</b>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Grahams (1 G)</b> <b>Baby Carrots (1/2 c Veg)</b>
	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Berries in Parfait</i>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>WG Cheese Pizza Sliders</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b>	<b>Turkey Breast Sandwich on</b> <b>Whole Grain Roll</b> (2 M/MA, 2 G) <b>Jicama Sticks (1/2 c)</b> <i>Mayonnaise</i>	<b>Hot Dog (2 M)</b> <b>WG Bun (2 G)</b> <b>Oven Baked Fries (1/2 c)</b> <i>Ketchup</i>	<b>WG Beef, Bean &amp; Cheese Burrito</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b>
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Chicken Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b>	<b>Smoked Turkey &amp; Cheese Sandwich</b> <b>on Knot Roll (2 M/MA, 2 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i>	<b>WG Cheeseburger (2M/MA)</b> <b>WG Bun (2 G/B)</b> <b>Oven Baked Fries (1/2 c veg)</b> <i>Ketchup</i>	<b>WG Baked Ziti (1 G)</b> <b>Tomato Basil Meat Sauce</b> (2M, 1/2 c veg)	<b>Italian Turkey Submarine</b> (2 M/MA, 2 G) <b>Celery Sticks (1/2 c)</b> <i>Mayonnaise</i>
<i>Pear (1/2 c)</i>	<i>100% Fruit Juice (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>
<b>All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.</b>				





# January 2023 Vegetarian Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Vegetarian Burger</b> (2.5 M/MA) <b>WG Bun (2G)</b> <b>Oven Baked Fries (1/2 c)</b> <i>Ketchup</i> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 B/G)</b> <b>Jicama Sticks (1/4)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Plant-Based Chicken Alfredo Pasta</b> (2 M/MA, 1G/B) <b>w/ Steamed Broccoli (1/2 c)</b> <i>Banana (1/2 c)</i>	<b>Bean &amp; Cheese Burrito</b> (2 M/MA, 1/2 c Veg) <b>Baby Carrots (1/2 c)</b> <i>Orange (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 B/G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Cheese Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 G/B)</b> <b>Celery Sticks (1/2)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Vegetarian Burger</b> (2.5 M/MA) <b>WG Bun (2G)</b> <b>Oven Baked Fries (1/2 c) Ketchup</b> <i>Banana (1/2 c)</i>	<b>WG Cheesy Baked Ziti (2 MA, 1 G)</b> <b>Tomato Basil Sauce</b> (1/2 c veg) <i>Orange (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 G/B)</b> <b>Baby Carrots (1/4)</b> <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>MLK HOLIDAY</b>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 B/G)</b> <b>Jicama Sticks (1/4)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Mac &amp; Cheese (2M, 2G)</b> <b>Fruitable Juice (4 oz, 1/2 c veg)</b> <i>Banana (1/2 c)</i>	<b>Cheese Enchiladas</b> (2M/MA, 2 G/B) <b>w/ Green Salsa (1/2 c veg)</b> <i>Orange (1/2 c)</i>	<b>Yogurt Parfait (2 MA)</b> <b>Mixed Berries (1/4 c)</b> <b>WG Winter Cookie (1 G)</b> <b>Baby Carrots (1/2 c Veg)</b> <i>Berries in Parfait</i>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>WG Cheese Pizza Sliders</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 B/G)</b> <b>Baby Carrots (1/2 c)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>WG Plant-Based Chicken Tenders (2 MA)</b> <b>Oven Baked Fries (1/2 c)</b> <b>Ketchup</b> <i>Apple (1/2 c)</i>	<b>WG Bean &amp; Cheese Burrito</b> (2M/MA, 2 G) <b>Baby Carrots (1/2 c)</b> <i>Orange (1/2 c)</i>	<b>Protein Pack: String Cheese (1MA)</b> <b>Sunflower Seeds (1MA)</b> <b>WG Wheat Crackers (1 G)</b> <b>Baby Carrots (1/2 c)</b> <i>Apple (1/2 c)</i>
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cheese Tamale (2M/MA, 2 G/B)</b> <b>w/ Seasoned Corn (1/2 c veg)</b> <i>Pear (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA) <b>WG Bun (2 G/B)</b> <b>Celery Sticks (1/2)</b> <i>Mayonnaise</i> <i>100% Fruit Juice (1/2 c)</i>	<b>Vegetarian Burger</b> (2.5 M/MA) <b>WG Bun (2G)</b> <b>Oven Baked Fries (1/2 c) Ketchup</b> <i>Apple (1/2 c)</i>	<b>WG Cheesy Baked Ziti (2 MA, 1 G)</b> <b>Tomato Basil Sauce</b> (1/2 c veg) <i>Orange (1/2 c)</i>	<b>Double Cheese Sandwich</b> (2 M/MA, 1/4 c veg) <b>WG Bun (2 G/B)</b> <b>Baby Carrots (1/4)</b> <i>Mayonnaise</i> <i>Apple (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



# January 2023 Cold Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEATURED ENTRÉE OF THE DAY</b>				
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Turkey & Cheese Sandwich on Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Smoked Turkey & Cheese Sandwich on Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Turkey & Cheese Sandwich on Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Smoked Turkey & Cheese Sandwich on Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise
Pear (1/2 c)	100% Fruit Juice (1/2 c)	Berries in Parfait	Orange (1/2 c)	Apple (1/2 c)
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Turkey & Cheese Sandwich on Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Jicama Sticks (1/2 c) Mayonnaise	Mexican Chicken Salad (2M/A, 1 c veg) Tortilla Chips (2 MA) Hot Sauce	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c)	Italian Turkey Submarine (2 M/MA, 2 G) Celery Sticks (1/2 c) Mayonnaise
Pear (1/2 c)	100% Fruit Juice (1/2 c)	Banana (1/2 c)	Orange (1/2 c)	Apple (1/2 c)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>MLK HOLIDAY</b>	Smoked Turkey & Cheese Sandwich on Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Chicken Taco Salad (2M/A, 1 c veg) Nacho Chips (1 MA) Ranch Dressing	Turkey & Cheese Sandwich on Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Yogurt Parfait (2 MA) Mixed Berries (1/4 c) WG Winter Cookie (1 G) Baby Carrots (1/2 c Veg)
	100% Fruit Juice (1/2 c)	Banana (1/2 c)	Berries in Parfait	Berries in Parfait
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Turkey & Cheese Sandwich on Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Jicama Sticks (1/2 c) Mayonnaise	Southwest Chicken Salad (2M/A, 1 c veg) BBQ Chips (1 MA) Ranch Dressing	Smoked Turkey & Cheese Sandwich on Knot Roll (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c)
Pear (1/2 c)	100% Fruit Juice (1/2 c)	Apple (1/2 c)	Orange (1/2 c)	Apple (1/2 c)
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
Turkey & Cheese Sandwich on Torta (2 M/MA, 2 G) Baby Carrots (1/2 c) Mayonnaise	Turkey Breast Sandwich on Whole Grain Roll (2 M/MA, 2 G) Jicama Sticks (1/2 c) Mayonnaise	Mexican Chicken Salad (2M/A, 1 c veg) Tortilla Chips (2 MA) Hot Sauce	Protein Pack: String Cheese (1MA) Sunflower Seeds (1MA) WG Wheat Crackers (1 G) Baby Carrots (1/2 c)	Italian Turkey Submarine (2 M/MA, 2 G) Celery Sticks (1/2 c) Mayonnaise
Pear (1/2 c)	100% Fruit Juice (1/2 c)	Apple (1/2 c)	Orange (1/2 c)	Apple (1/2 c)

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.