

January 2021 - Daily Menu



Monday	Tuesday	Wednesday	Thursday	Friday
January 4 Breakfast Cereal 100% Juice Lunch *Garlic Cheese Toast Corn & Craisins 	5 Breakfast Mini Cinnis Applesauce Lunch *Chicken Nuggets or *Veggie Nuggets with Ketchup Either entrée with Goldfish Crackers Strawberry Cup & Dried Apple Chips	6 Breakfast Zee Zee Bar Tangerines Lunch *Cheese Breadsticks Marinara Sauce Or Chef's Choice Pear & V8	7 Breakfast Banana Bread Whole Apple Lunch *Corndog with Ketchup & Mustard or Sunbutter Sandwich String Cheese Either entrée with *Tater Tots & Raisins	8 Breakfast Confetti Pancakes Grapefruit Slices Lunch *Galaxy Cheese Pizza 100% Juice Carrots
11 Breakfast Yogurt & Granola Blueberries Lunch *Chicken Patty Sandwich Ketchup & Mayo or Wowbutter Sandwich Either entrée With Green Apple & Carrots	12 Breakfast Cereal Bar Orange Slices Lunch *Chicken Tenders *Mashed Potato Whole Pear Or *Bean & Cheese Burrito Salsa Whole Pear	13 Breakfast Breakfast Pizza Bagel 100% Juice Lunch *Cheese Pizza Quesadilla or *Beef Ravioli *Garlic medallion Applesauce & Raisels 	14 Breakfast Cinnamon French Toast Diced Peaches Lunch *Spaghetti & Meat Sauce or Spaghetti & Marinara Sauce with Mozzarella Cheese Homemade French Bread Apple Slices Green Beans	15 Meals for Sat—Mon served with daily Breakfast Breakfast Bar & Tangerines Lunch *Cheese Pizza & Garden Salad with Dressing
18 No School - No Meal Distribution 	19 Breakfast Bagel & Cream Cheese 100% Juice Lunch *BBQ Rib Patty Sandwich or *Cheese Pizza Ripper Either entrée with *Tater Tots with Ketchup & Orange	20 Breakfast Whole Grain Cereal Apple Slices Lunch *Cheese Breadsticks Marinara Sauce Pineapple Tidbits & Celery Sticks	21 Breakfast Hardboiled Egg & Strawberry Graham Crackers & Kiwis Lunch *Cheeseburger or *Veggie Burger Either entrée with Carrots & Cucumber & Ranch	22 Breakfast Confetti Pancakes Mixed Fruit Lunch *Cheese Pizza Three Bean Salad & Apple Slices Homemade Chocolate Chip Cookie
25 Breakfast Mini Cinnis Carrots Lunch *Beef & Cheese Burrito or *Bean & Cheese Burrito Either entrée with Grapefruit Slices & Dried Cherries	26 Breakfast Fruit Yogurt Parfait with Granola & Sliced Strawberries Lunch *Cheese Pizza or *Sloppy Joe Either Entrée with Orange & Raisels	27 Breakfast Whole Grain Cereal Diced Pears Lunch *Breaded Chicken Drumstick with Ketchup & BBQ sauce Cornbread Muffin or WowButter Sandwich Either entrée with Whole Pear Cucumber Slices	28 Breakfast Cereal Bar Applesauce Lunch *Mac & Cheese Homemade Roll & Sunflower Seeds Grapes & Broccoli	29 Breakfast Whole Grain Maple Bar Banana Lunch *Garlic Cheese Toast Whole Apple Cucumber Slices with Ranch

Daily meals must be pre-ordered. Daily meals are for immediate consumption or need to be refrigerated. Menu subject to change. Asterisk (*) indicates items that will be served HOT. Weekend meals are now provided each Friday and contain frozen items to prepare at home. Cooking instructions can be found on our website.

Daily meals are distributed every day by bus and at elementary sites. Please see our website for pick up times. Daily meals must be pre-ordered and will include breakfast and lunch for 1 day. There will be a vegetarian and non-vegetarian options each day. 1% white milk will be served for breakfast and Non-fat Chocolate milk will be served for lunch (milk can be declined). Soy milk will require a diet prescription on file with Nutrition Services.

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. This institution is an equal opportunity provider. Updated 12/14/2020

