

# JANUARY

## WHAT'S IN SEASON THIS MONTH?

Look for local spaghetti squash, butternut squash, local carrots, and beets in our January meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5 Strawberry ZeeZee Bar Side of Fruit Milk	6 Banana Muffin Side of Fruit Milk	7 Strawberry ZeeZee Bar Side of Fruit Milk	8 Banana Muffin Side of Fruit Milk
11	12 Apple Muffin Side of Fruit Milk	13 Cinnamon ZeeZee Bar Side of Fruit Milk	14 Cinnamon Chex Side of Fruit Milk	15 Apple Muffin Side of Fruit Milk
18	19 Blueberry Muffin Side of Fruit Milk	20 Cinnamon Chex Side of Fruit Milk	21 Strawberry ZeeZee Bar Side of Fruit Milk	22 Cinnamon Chex Side of Fruit Milk
25	26 Cinnamon Chex Side of Fruit Milk	27 Apple Muffin Side of Fruit Milk	28 Cinnamon ZeeZee Bar Side of Fruit Milk	29 Cinnamon Chex Side of Fruit Milk



Artwork by Nederland Middle/Senior High School student

### Local farmer partner:



farmers  
HANMEI & DERRICK HOFFMAN  
(Hoffman Farms)

Once you get dirt under your fingernails, it's hard to get it out. Farming is a passion we have both followed, and we are proud to be feeding children across Colorado.



**BOULDER VALLEY**  
SCHOOL DISTRICT

Some breakfast items are subject to change depending on unpredictable supply chain shortages

This institution is an equal opportunity provider