



CICERO SCHOOL DISTRICT 99

Monday	Tuesday	Wednesday	Thursday	Friday
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
FROSTED MINI WHEATS [^] Crispy Granola Bites [^] Apple Juice Craisins Choice of Milk	BEEF SAUSAGE SLIDER [^] Diced Peaches Grape Juice Grape Jelly Choice of Milk	RICE CHEX [^] Graham Crackers [^] Fresh Apple Choice of Milk	CINNAMON TOAST CRUNCH FILLED BAR [^] Fresh Banana Blended Fruit Juice Choice of Milk	BLUEBERRY MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MARTIN LUTHER KING JR.	CINNAMON CHEX [^] Strawberry Square [^] Blended Fruit Juice Craisins Choice of Milk	BANANA MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk	CHICKEN BISCUIT [^] Fresh Banana Grape Juice Honey Choice of Milk	GOLDEN GRAHAM CEREAL [^] Vanilla Waffle Square [^] Fresh Apple Choice of Milk
January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
FROSTED MINI WHEATS [^] Crispy Granola Bites [^] Apple Juice Craisins Choice of Milk	CHERRY FRUDEL [^] Diced Peaches Blended Fruit Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN [^] Mozzarella Cheese Stick Fresh Apple Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN [^] Fresh Banana Orange Juice Choice of Milk	STRAWBERRY YOGURT Granola [^] Fresh Apple Choice of Milk
January 31, 2022	February 1, 2022	February 2, 2022	February 3, 2022	February 4, 2022
CINNAMON CHEX [^] Strawberry Square [^] Blended Fruit Juice Craisins Choice of Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

[^] Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



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Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-03-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-04-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-05-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-06-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-07-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-11-2022																
	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	234	15	1	1	9	0	0	32	2	MMA:1oz G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Grape Jelly	40	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-12-2022																
	RICE CHEX^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG BW-LS
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-13-2022																
	CINNAMON TOAST CRUNCH FILLED BAR^	260	8	2	0	5	290	41	3	15	6	0	0	20	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
14-																

	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-17-2022																
	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-18-2022																
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	290	8	1	0	5	220	55	2	29	3	120	5	85	7	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-19-2022																
	BANANA MINI MUFFIN ^	120	3	0	0	18	74	20	2	8	2	33	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-20-2022																
	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-21-2022																
	GOLDEN GRAHAM CEREAL ^	110	0	0	0	0	210	24	1	8	1	0	4	60	2	G/B:1sv WG
	Vanilla Waffle Square ^	110	5	1	0	0	45	18	1	9	2	0	0	5	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-24-2022																
	FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice	280	2	0	0	0	80	60	4	25	4	0	0	17	9	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-25-2022																
	CHERRY FRUDEL ^	210	6	1	0	0	260	36	2	11	4	0	0	0	2	G/B:2sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT

	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-26-2022																
	DOUBLE CHOCOLATE MINI MUFFIN ^	123	3	1	0	18	74	20	2	8	2	31	0	3	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-27-2022																
	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	187	7	3	0	28	383	23	2	2	11	0	0	110	1	MMA:1oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-28-2022																
	STRAWBERRY YOGURT	70	0	0	0	0	60	14	0	10	4	0	0	150	0	MMA:1oz BW-PRO
	Granola ^	120	4	0	0	0	20	19	2	4	4	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-31-2022																
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice	290	8	1	0	5	220	55	2	29	3	120	5	85	7	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
 BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: DANIEL BURNHAM ELEMENTARY SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-03-2022									
	HOLIDAY BREAK								
01-04-2022									
	HOLIDAY BREAK								
01-05-2022									
	HOLIDAY BREAK								
01-06-2022									
	HOLIDAY BREAK								
01-07-2022									
	HOLIDAY BREAK								
01-11-2022									
	BEEF SAUSAGE SLIDER ^							X	X
	Diced Peaches								
	Grape Juice								
	Grape Jelly								
	Choice of Milk	X							
01-12-2022									
	RICE CHEX^								
	Graham Crackers ^							X	X
	Fresh Apple								
	Choice of Milk	X							
01-13-2022									
	CINNAMON TOAST CRUNCH FILLED BAR^	X						X	X
	Fresh Banana								
	Blended Fruit Juice								
	Choice of Milk	X							

01-14-2022									
	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
01-17-2022									
	MARTIN LUTHER KING JR.								
01-18-2022									
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		X					X	X
	Craisins								
	Choice of Milk	X							
01-19-2022									
	BANANA MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
01-20-2022									
	CHICKEN BISCUIT ^	X						X	X
	Fresh Banana								
	Grape Juice								
	Honey								
	Choice of Milk	X							
01-21-2022									
	GOLDEN GRAHAM CEREAL ^								X
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
01-24-2022									
	FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice	X						X	X
	Craisins								
	Choice of Milk	X							

01-25-2022									
	CHERRY FRUDEL ^	X						X	X
	Diced Peaches								
	Blended Fruit Juice								
	Choice of Milk	X							
01-26-2022									
	DOUBLE CHOCOLATE MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
01-27-2022									
	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
01-28-2022									
	STRAWBERRY YOGURT	X							
	Granola ^								
	Fresh Apple								
	Choice of Milk	X							
01-31-2022									
	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		X					X	X
	Craisins								
	Choice of Milk	X							



ELEMENTARY SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
CHEESY BAKED PENNE ^ WITH GREEN BEANS Breadstick ^ Diced Peas Choice of Milk	MEATBALL SUB Hot Dog Bun ^ Broccoli Orange Juice Choice of Milk	CHEESEBURGER Hamburger Bun ^ Mixed Vegetables Fresh Banana Mustard Ketchup Choice of Milk	CRUNCHY CHICKEN TENDERS ^ Seasoned Diced Potatoes Baby Carrots Ranch Dressing Sliced Apples BBQ Sauce Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Baked Beans Diced Peaches Choice of Milk
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MARTIN LUTHER KING JR.	PIZZA DIPPERS ^ Marinara Sauce Sun Splash Veggie Juice Cinnamon Applesauce Choice of Milk	*GLOBAL BITES* MOROCCAN MEATBALLS W/PEARL COUSCOUS Broccoli Fresh Banana Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ French Fries Fresh Orange Ketchup Choice of Milk	CHICKEN NUGGETS ^ WITH BAKED BEANS Baby Carrots Ranch Dressing Diced Peas BBQ Sauce Choice of Milk
January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
CHEESE PIZZA^ Country Blend Vegetables Diced Peaches Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Mashed Potatoes Sun Splash Veggie Juice Cinnamon Applesauce BBQ Sauce Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Rainbow Bean Salad Baby Carrots Ranch Dressing Orange Juice Choice of Milk	CORN DOG ON A STICK^ Potato Wedges Sliced Apples Mustard Ketchup Choice of Milk	*WALKING TACO* TURKEY TACOS Wild White Nacho Doritos^ Salsa Cup Romaine Salad French Dressing Fresh Pear Choice of Milk
January 31, 2022	February 1, 2022	February 2, 2022	February 3, 2022	February 4, 2022
BEAN & CHEESE BURRITO ^ Corn Cinnamon Applesauce Taco Sauce Choice of Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

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Nutritional Information: ELEMENTARY SCHOOLS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-03-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-04-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-05-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-06-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-07-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-10-2022																
	CHEESY BAKED PENNE ^ WITH GREEN BEANS	350	9	5	0	33	610	44	6	13	22	69	10	448	2	MMA:2oz G/B:1sv WG V:1/2c RO V:1/2c O
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-11-2022																
	MEATBALL SUB	235	12	4	0	35	311	15	3	5	14	31	1	67	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Broccoli	27	0	0	0	0	16	5	3	1	3	0	64	38	1	V:1/2c DG BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-12-2022																
	CHEESEBURGER	180	12	6	0	48	320	3	0	0	16	0	0	100	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW- PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	

	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-13-2022																
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	Seasoned Diced Potatoes	115	6	1	0	0	473	14	2	2	2	8	15	4	0	V:1/2c S BW-PLANT
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-14-2022																
	BBQ CHICKEN	169	2	0	0	42	197	19	2	12	18	1	0	24	0	MMA:2oz V:1/4c RO BW-LPP
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-17-2022																
	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-18-2022																
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1	V:1/2c RO BW-PLANT
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Cinnamon Applesauce	50	0	0	0	0	0	14	1	12	0	0	91	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-19-2022																
	GLOBAL BITES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	MOROCCAN MEATBALLS W/PEARL COUSCOUS	340	10	4	0	36	729	46	7	4	18	362	6	83	3	MMA:2oz G/B:1.5sv WG V:1/4c O
	Broccoli	27	0	0	0	0	16	5	3	1	3	0	64	38	1	V:1/2c DG BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-20-2022																
	TERIYAKI CHICKEN PATTY	180	10	3	0	70	448	6	0	4	16	0	0	8	0	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	French Fries	130	5	1	0	0	38	20	0	0	2	0	8	0	0	V:3/4c S BW-PLANT
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	

	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-28-2022																
	WALKING TACO	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TURKEY TACOS	150	8	2	0	47	300	6	2	2	15	562	0	0	1	MMA:2oz BW-LPP BW-LS
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	French Dressing	10	0	0	0	0	140	1	0	1	0	0	0	0	0	
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-31-2022																
	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF
	Corn	110	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S BW-PLANT
	Cinnamon Applesauce	50	0	0	0	0	0	14	1	12	0	0	91	5	0	F:1/2c
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Grean R/O = Red/Orange L = Legumes S = Starchy O = Other
 BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: DANIEL BURNHAM ELEMENTARY SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-03-2022									
	HOLIDAY BREAK								
01-04-2022									
	HOLIDAY BREAK								
01-05-2022									
	HOLIDAY BREAK								
01-06-2022									
	HOLIDAY BREAK								
01-07-2022									
	HOLIDAY BREAK								
01-10-2022									
	CHEESY BAKED PENNE ^ WITH GREEN BEANS	X							X
	Breadstick ^							X	X
	Diced Pears								
	Choice of Milk	X							
01-11-2022									
	MEATBALL SUB	X	X					X	X
	Hot Dog Bun ^	X						X	X
	Broccoli								
	Orange Juice								
	Choice of Milk	X							
01-12-2022									
	CHEESEBURGER	X						X	
	Hamburger Bun ^	X						X	X
	Mixed Vegetables								
	Fresh Banana								

	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	French Fries							X	
	Fresh Orange								
	Ketchup								
	Choice of Milk	X							
01-21-2022									
	CHICKEN NUGGETS ^ WITH BAKED BEANS							X	X
	Baby Carrots								
	Ranch Dressing	X	X					X	
	Diced Pears								
	BBQ Sauce							X	
	Choice of Milk	X							
01-24-2022									
	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Diced Peaches								
	Choice of Milk	X							
01-25-2022									
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Mashed Potatoes	X						X	
	Sun Splash Veggie Juice								
	Cinnamon Applesauce								
	BBQ Sauce							X	
	Choice of Milk	X							
01-26-2022									
	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Rainbow Bean Salad							X	
	Baby Carrots								
	Ranch Dressing	X	X					X	
	Orange Juice								

	Choice of Milk	X							
01-27-2022									
	CORN DOG ON A STICK^		X					X	X
	Potato Wedges							X	
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							
01-28-2022									
	WALKING TACO								
	TURKEY TACOS							X	
	Wild White Nacho Doritos^	X							
	Salsa Cup								
	Romaine Salad								
	French Dressing							X	
	Fresh Pear								
	Choice of Milk	X							
01-31-2022									
	BEAN & CHEESE BURRITO ^	X						X	X
	Corn								
	Cinnamon Applesauce								
	Taco Sauce								
	Choice of Milk	X							



UNITY JUNIOR HIGH SCHOOL

L2SB - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
CHEESY BAKED PENNE ^ WITH GREEN BEANS Breadstick ^ CHEESE PIZZA^ Country Blend Vegetables Diced Peas Choice of Milk	MEATBALL SUB Hot Dog Bun ^ KICKIN' CHICKEN ^ Hamburger Bun ^ Orange Juice BBQ Sauce Choice of Milk Salad Bar Selections Broccoli Florets Carrot Sticks Cucumber Coins Ranch Dressing	GENERAL TSO'S CHICKEN & NOODLES ^ CHEESEBURGER Hamburger Bun ^ Mixed Vegetables Fresh Banana Mustard Ketchup Choice of Milk	CRUNCHY CHICKEN TENDERS ^ HOT DOG Hot Dog Bun ^ Sliced Apples BBQ Sauce Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Cucumber Coins Jalapenos Ranch Dressing	TURKEY & CHEESE ON A BUN^ Pickle Chips BBQ CHICKEN Hamburger Bun ^ Baked Beans Diced Peaches Light Mayonnaise Choice of Milk
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
MARTIN LUTHER KING JR.	GRILLED CHEESE PANINI ^ Diced Carrots PIZZA DIPPERS ^ Marinara Sauce Sun Splash Veggie Juice Cinnamon Applesauce Choice of Milk	*GLOBAL BITES* MOROCCAN MEATBALLS W/PEARL COUSCOUS CHARBROILED HAMBURGER Hamburger Bun ^ Broccoli Fresh Banana Mustard Ketchup Choice of Milk	TERIYAKI CHICKEN PATTY Hamburger Bun ^ HOT DOG Hot Dog Bun ^ Fresh Orange Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Cucumber Coins Carrot Sticks Ranch Dressing	CHICKEN NUGGETS ^ WITH BAKED BEANS BEEF RIB-B-QUE Baked Beans Hamburger Bun ^ Baby Carrots Ranch Dressing Diced Peas BBQ Sauce Choice of Milk
January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
MINI CHEESE RAVIOLI W/GREEN BEANS Breadstick ^ CHEESE PIZZA^ Country Blend Vegetables Diced Peaches Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES CRISPY CHICKEN PATTY ^ Mashed Potatoes Hamburger Bun ^ Sun Splash Veggie Juice Cinnamon Applesauce BBQ Sauce Choice of Milk	CHICKEN TENDERS ^ WITH BAKED BEANS BBQ Sauce TURKEY HAM & CHEESE SANDWICH ^ Rainbow Bean Salad Baby Carrots Ranch Dressing Orange Juice Choice of Milk	TURKEY HAM & CHEESE PANINI ^ CORN DOG ON A STICK^ Sliced Apples Mustard Ketchup Choice of Milk Salad Bar Selections Romaine Salad Crunchy Celery Sticks Pickle Chips Ranch Dressing	*WALKING TACO* TURKEY TACOS CHARBROILED HAMBURGER Hamburger Bun ^ Wild White Nacho Doritos^ Salsa Cup Potato Wedges Fresh Pear Mustard Ketchup Choice of Milk
January 31, 2022	February 1, 2022	February 2, 2022	February 3, 2022	February 4, 2022
BEAN & CHEESE BURRITO ^ Salsa Cup PIZZA DIPPERS ^ Marinara Sauce Corn Cinnamon Applesauce Choice of Milk				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

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Nutritional Information: UNITY EAST JUNIOR HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-03-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-04-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-05-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-06-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-07-2022																
	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-10-2022																
	CHEESY BAKED PENNE ^ WITH GREEN BEANS	350	9	5	0	33	610	44	6	13	22	69	10	448	2	MMA:2oz G/B:1sv WG V:1/2c RO V:1/2c O
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	CHEESE PIZZA^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	MMA:2oz G/B:2sv V:1/4c RO
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O BW- PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-11-2022																
	MEATBALL SUB	235	12	4	0	35	311	15	3	5	14	31	1	67	1	MMA:2oz V:1/2c RO
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	KICKIN' CHICKEN ^	230	13	2	0	20	350	15	2	1	13	0	0	30	2	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Broccoli Florets	0	0	0	0	0	0	0	0	0	0	1	1	0	0	V:1/2c DG BW-PLANT

	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO BW-PLANT
	Cucumber Coins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
01-12-2022	GENERAL TSO'S CHICKEN & NOODLES ^	384	15	3	0	22	856	43	5	15	18	115	0	13	3	MMA:2oz G/B:1.5sv WG
	CHEESEBURGER	180	12	6	0	48	320	3	0	0	16	0	0	100	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Mixed Vegetables	90	0	0	0	0	82	19	4	6	4	386	3	28	1	V:1/4c RO V:1/2c S BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-13-2022	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Cucumber Coins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Jalapenos	0	0	0	0	0	13	0	0	0	0	1	0	1	0	V:1/4c O
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
01-14-2022	TURKEY & CHEESE ON A BUN^	275	7	2	0	50	710	28	2	5	24	0	0	134	2	MMA:2oz G/B:2sv WG BW-LPP
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	BBQ CHICKEN	169	2	0	0	42	197	19	2	12	18	1	0	24	0	MMA:2oz V:1/4c RO BW-LPP
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	0	

01-17-2022	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-18-2022																
	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG
	Diced Carrots	32	0	0	0	0	64	7	3	5	1	770	5	32	1	V:1/2c RO BW-PLANT
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1	V:1/2c RO BW-PLANT
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Cinnamon Applesauce	50	0	0	0	0	0	14	1	12	0	0	91	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-19-2022																
	GLOBAL BITES	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	MOROCCAN MEATBALLS W/PEARL COUSCOUS	340	10	4	0	36	729	46	7	4	18	362	6	83	3	MMA:2oz G/B:1.5sv WG V:1/4c O
	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Broccoli	41	0	0	0	0	24	8	4	2	4	0	96	58	1	V:3/4c DG BW-PLANT
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-20-2022																
	TERIYAKI CHICKEN PATTY	180	10	3	0	70	448	6	0	4	16	0	0	8	0	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Cucumber Coins	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Carrot Sticks	0	0	0	0	0	0	0	0	0	0	3	0	0	0	V:1/4c RO BW-PLANT

	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
01-21-2022																
	CHICKEN NUGGETS ^ WITH BAKED BEANS	422	15	3	0	25	613	51	9	9	23	1	1	97	5	MMA:2oz G/B:1sv WG V:1/2c L
	BEEF RIB-B-QUE	203	12	4	0	48	406	10	2	6	16	18	0	34	2	MMA:2oz
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-24-2022																
	MINI CHEESE RAVIOLI W/GREEN BEANS	340	7	2	0	50	883	47	7	10	21	31	10	163	2	MMA:2oz G/B:1.25sv WG V:1/2c RO V:1/2c O
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	CHEESE PIZZA^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	MMA:2oz G/B:2sv V:1/4c RO
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O BW- PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-25-2022																
	SALISBURY STEAK W/GRAVY &MASHED POTATOES	304	14	4	0	31	722	27	2	3	16	3	58	83	1	MMA:2oz V:1/2c S
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Mashed Potatoes	123	5	1	0	1	304	17	1	1	3	0	58	45	0	V:1/2c S BW-PLANT
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Cinnamon Applesauce	50	0	0	0	0	0	14	1	12	0	0	91	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
01-26-2022	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	CHICKEN TENDERS ^ WITH BAKED BEANS	452	16	2	0	25	673	53	10	9	25	31	0	113	5	MMA:2oz G/B:1sv WG V:1/2c L
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	TURKEY HAM & CHEESE SANDWICH ^	283	12	6	0	55	774	29	3	3	16	0	1	219	2	MMA:2oz G/B:2sv WG
	Rainbow Bean Salad	197	4	1	0	0	335	31	10	2	14	53	35	123	4	V:1/2c L
	Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO

	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0		
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-27-2022																
	TURKEY HAM & CHEESE PANINI ^	295	13	6	0	56	833	28	2	5	16	0	1	161	1	MMA:2oz G/B:2sv WG
	CORN DOG ON A STICK^	250	9	2	0	40	390	30	5	5	9	0	0	80	2	MMA:2oz G/B:2sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Salad Bar Selections	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Romaine Salad	0	0	0	0	0	0	0	0	0	0	4	0	0	0	V:1/2c DG BW-PLANT
	Crunchy Celery Sticks	0	0	0	0	0	0	0	0	0	0	0	0	0	0	V:1/4c O BW-PLANT
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
01-28-2022																
	WALKING TACO	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TURKEY TACOS	150	8	2	0	47	300	6	2	2	15	562	0	0	1	MMA:2oz BW-LPP BW-LS
	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO
	Potato Wedges	90	2	0	0	0	20	18	1	0	1	0	0	10	0	V:1/2c S BW-PLANT
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-31-2022																
	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO
	PIZZA DIPPERS ^	280	12	5	0	20	560	28	2	4	18	2000	0	360	2	MMA:2oz G/B:2sv WG
	Marinara Sauce	40	1	0	0	0	200	7	1	4	1	90	6	20	1	V:1/2c RO BW-PLANT
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Cinnamon Applesauce	50	0	0	0	0	0	14	1	12	0	0	91	5	0	F:1/2c

	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
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Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Grean R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: UNITY EAST JUNIOR HIGH SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-03-2022									
	HOLIDAY BREAK								
01-04-2022									
	HOLIDAY BREAK								
01-05-2022									
	HOLIDAY BREAK								
01-06-2022									
	HOLIDAY BREAK								
01-07-2022									
	HOLIDAY BREAK								
01-10-2022									
	CHEESY BAKED PENNE ^ WITH GREEN BEANS	X							X
	Breadstick ^							X	X
	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Diced Pears								
	Choice of Milk	X							
01-11-2022									
	MEATBALL SUB	X	X					X	X
	Hot Dog Bun ^	X						X	X
	KICKIN' CHICKEN ^							X	X
	Hamburger Bun ^	X						X	X
	Orange Juice								
	BBQ Sauce							X	
	Choice of Milk	X							
	Salad Bar Selections								

	Broccoli Florets								
	Carrot Sticks								
	Cucumber Coins								
	Ranch Dressing	X	X					X	
01-12-2022									
	GENERAL TSO'S CHICKEN & NOODLES ^							X	X
	CHEESEBURGER	X						X	
	Hamburger Bun ^	X						X	X
	Mixed Vegetables								
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
01-13-2022									
	CRUNCHY CHICKEN TENDERS ^							X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Sliced Apples								
	BBQ Sauce							X	
	Mustard								
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Cucumber Coins								
	Jalapenos								
	Ranch Dressing	X	X					X	
01-14-2022									
	TURKEY & CHEESE ON A BUN^	X						X	X
	Pickle Chips								
	BBQ CHICKEN							X	
	Hamburger Bun ^	X						X	X

	Baked Beans								
	Diced Peaches								
	Light Mayonnaise		X					X	
	Choice of Milk	X							
01-17-2022									
	MARTIN LUTHER KING JR.								
01-18-2022									
	GRILLED CHEESE PANINI ^	X						X	X
	Diced Carrots								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Sauce								
	Sun Splash Veggie Juice								
	Cinnamon Applesauce								
	Choice of Milk	X							
01-19-2022									
	GLOBAL BITES								
	MOROCCAN MEATBALLS W/PEARL COUSCOUS	X	X					X	X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Broccoli								
	Fresh Banana								
	Mustard								
	Ketchup								
	Choice of Milk	X							
01-20-2022									
	TERIYAKI CHICKEN PATTY							X	X
	Hamburger Bun ^	X						X	X
	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Fresh Orange								
	Mustard								
	Ketchup								

01-21-2022	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Cucumber Coins								
	Carrot Sticks								
	Ranch Dressing	X	X					X	
01-21-2022	CHICKEN NUGGETS ^ WITH BAKED BEANS							X	X
	BEEF RIB-B-QUE							X	
	Baked Beans								
	Hamburger Bun ^	X						X	X
	Baby Carrots								
	Ranch Dressing	X	X					X	
	Diced Pears								
	BBQ Sauce							X	
	Choice of Milk	X							
01-24-2022	MINI CHEESE RAVIOLI W/GREEN BEANS	X	X					X	X
	Breadstick ^							X	X
	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Diced Peaches								
	Choice of Milk	X							
01-25-2022	SALISBURY STEAK W/GRAVY &MASHED POTATOES	X						X	X
	CRISPY CHICKEN PATTY ^							X	X
	Mashed Potatoes	X						X	
	Hamburger Bun ^	X						X	X
	Sun Splash Veggie Juice								
	Cinnamon Applesauce								
	BBQ Sauce							X	
	Choice of Milk	X							

01-26-2022									
	CHICKEN TENDERS ^ WITH BAKED BEANS							X	X
	BBQ Sauce							X	
	TURKEY HAM & CHEESE SANDWICH ^	X						X	X
	Rainbow Bean Salad							X	
	Baby Carrots								
	Ranch Dressing	X	X					X	
	Orange Juice								
	Choice of Milk	X							
01-27-2022									
	TURKEY HAM & CHEESE PANINI ^	X						X	X
	CORN DOG ON A STICK^		X					X	X
	Sliced Apples								
	Mustard								
	Ketchup								
	Choice of Milk	X							
	Salad Bar Selections								
	Romaine Salad								
	Crunchy Celery Sticks								
	Pickle Chips								
	Ranch Dressing	X	X					X	
01-28-2022									
	WALKING TACO								
	TURKEY TACOS							X	
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Wild White Nacho Doritos^	X							
	Salsa Cup								
	Potato Wedges							X	
	Fresh Pear								
	Mustard								
	Ketchup								

01-31-2022	Choice of Milk	X							
	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Sauce								
	Corn								
	Cinnamon Applesauce								
	Choice of Milk	X							