

January



2023

Breakfast Menu

Breakfast foods are **rich in key nutrients such as folate, calcium, iron, B vitamins and fiber**. Breakfast provides a lot of your day's total nutrient intake. In fact, people who eat breakfast are more likely to meet their recommended daily intakes of vitamins and minerals than people who don't

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Milk and Condiments offered Daily	No School Winter Break			
9	10	11	12	13
Cheerios String Cheese Pineapple Cup Apple Cherry Juice	Blueberry Pancakes Apple Craisins	Apple Oatmeal Bar Sunflower Seeds Orange Pineapple Cup	Turkey Sausage Biscuit Banana Raisins	Blueberry Muffin Pear Applesauce
16	17	18	19	20
No School	Bagel w Cream Cheese Hard Boiled Egg Apple Craisins	Blueberry Oatmeal Bar Sunflower Seeds Orange Pineapple Cup	Cheese, Turkey Sausage and Waffle Sandwich Pear Raisins	Banana Loaf Banana Applesauce
23	24	25	26	27
Apple Cinnamon Cheerios Orange Apple Cherry Juice	Pancake Sausage Bites Apple Craisins	Strawberry Granola Bar Sunflower Seeds Orange Pineapple Cup	Pancakes Banana Raisins	Blueberry Muffin Top Pear Applesauce
30	31			
Honey Bunches of Oats Hard Boiled Egg Orange Apple Cherry Juice	Turkey Bacon, Egg and Cheese Croissant Apple Craisins			

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Lunch Menu

Health Fun Facts!

- Applesauce was the first food eaten in space.
- Pistachios aren't nuts—they are actually fruits.
- Broccoli contains more protein than steak!

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Milk and Condiments offered Daily		No School Winter Break		
9	10	11	12	13
Nacho Kit Salsa Applesauce	Chicken and Cheese Quesadilla Corn Pineapple Cup	Baked Mac and Cheese Cucumber Slices Apple	Local Chicken Drumstick w Rice Broccoli Craisins	Nacho Boli BBQ Bean Salad Clementines
16	17	18	19	20
No School	Chicken Alfredo Pasta Green Beans Pineapple Cup	Bean and Cheese Tamale Red Pepper Strips Applesauce	Chicken Nuggets w Dinner Roll Seasoned Potatoes Pear	Cheese Pizza Mixed Green Salad Clementines
23	24	25	26	27
Penne and Meatballs w/Marinara Sauce Zucchini Apple	Crispy Chicken Sandwich Corn Pineapple Cup	Veggie Chili Mac Mixed Green Salad Applesauce	Toasted 3 Cheese Croissant w/ Tomato Soup Baby Carrots Craisins	Chicken and Vegetable Pot Stickers Edamame Clementines
30	31			
Meatloaf w/Texas Toast Lemon Chickpea Salad Apple	Cheese Pizza Broccoli Pineapple Cup			



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Nacho Kit Salsa Applesauce	Chicken and Cheese Quesadilla Cheese Quesadilla Corn Pineapple Cup	Baked Mac and Cheese BBQ Chicken Sandwich Cucumber Slices Apple	Local Chicken Drumstick w Rice Toasted Cheese Sandwich Broccoli Craisins	Nacho Boli Turkey Ham and Cheese Hoagie BBQ Bean Salad Clementines
16	17	18	19	20
No School	Chicken Alfredo Pasta Pizza Bagel Green Beans Pineapple Cup	Bean and Cheese Tamale Beef Tacos Red Pepper Strips Applesauce	Chicken Nuggets w Dinner Roll Macaroni and Cheese Seasoned Potatoes Pear	Turkey Sausage Pizza Cheese Pizza Mixed Green Salad Clementines
23	24	25	26	27
Penne and Meatballs w/Marinara Sauce Yogurt Protein Kit Zucchini Apple	Crispy Chicken Sandwich Nacho Boli Corn Pineapple Cup	Veggie Chili Mac BBQ Chicken Sandwich Mixed Green Salad Applesauce	BBQ Drumstick w/ Rice Toasted 3 Cheese Croissant w/ Tomato Soup Baby Carrots Craisins	Chicken and Vegetable Pot Stickers Orange Chicken w/ Rice Edamame Clementines
30	31			
Meatloaf w/Texas Toast Macaroni and Cheese Lemon Chickpea Salad Apple	Turkey Sausage Pizza Cheese Pizza Broccoli Pineapple Cup			