

Bridges & Sylvandale January Menu

1/6	1/7	1/8	1/9	1/10
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancakes	<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round	<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Concha	<u>Breakfast</u> Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap
<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheese Stuffed Breadsticks Whole Grain Grilled Cheese Sandwich	<u>Lunch</u> Whole Grain Cheeseburger Whole Grain Mac & Cheese Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Alfredo Pulled Pork with Whole Grain Tortilla or Brown Rice Whole Grain Peanut/Subutter & Jelly Sandwich	<u>Lunch</u> Teriyaki Beef with Brown Rice Whole Grain Cheese Stuffed Breadsticks Turkey Bacon Whole Grain Sandwich	<u>Lunch</u> BBQ Chicken Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza
1/13	1/14	1/15	1/16	1/17
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancakes	<u>Breakfast</u> Scrambled Egg with Turkey Bacon Whole Grain Cinnamon Oatmeal Round	<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Concha	<u>Breakfast</u> Whole Grain Cinnamon Bun Whole Grain Turkey Pancake Wrap
<u>Lunch</u> Orange Chicken with Brown Rice Whole Grain Enchilada Bean & Cheese Burrito Whole Grain Turkey-Ham & Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Nuggets Whole Grain Spaghetti Pasta with Meat Sauce Whole Grain Bean & Cheese Burrito	<u>Lunch</u> Beef Tacos Cheese Tamales Turkey Bacon Whole Grain Sandwich	<u>Lunch</u> Whole Grain Beef or Turkey Hot Dog Whole Grain Chicken Sandwich Plain or Spicy Whole Grain Peanut/Subutter & Jelly Sandwich	<u>Lunch</u> Ham & Pineapple Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza
1/20	1/21	1/22	1/23	1/24
	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancakes	<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Cinnamon Oatmeal Round	<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Concha	<u>Breakfast</u> Whole Grain Banana Bread Slice Whole Grain Turkey Pancake Wrap
	<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheese Stuffed Breadsticks Whole Grain Grilled Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Alfredo Pulled Pork with Whole Grain Tortilla or Brown Rice Whole Grain Peanut/Subutter & Jelly Sandwich	<u>Lunch</u> Teriyaki Beef with Brown Rice Whole Grain Cheese Stuffed Breadsticks Turkey Bacon Whole Grain Sandwich	<u>Lunch</u> BBQ Chicken Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza
1/27	1/28	1/29	1/30	1/31
	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancakes	<u>Breakfast</u> Scrambled Egg with Turkey Bacon Whole Grain Cinnamon Oatmeal Round	<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Concha	<u>Breakfast</u> Whole Grain Cinnamon Bun Whole Grain Turkey Pancake Wrap
	<u>Lunch</u> Whole Grain Chicken Nuggets Whole Grain Spaghetti Pasta with Meat Sauce Whole Grain Bean & Cheese Burrito	<u>Lunch</u> Beef Tacos Cheese Tamales Turkey Bacon Whole Grain Sandwich	<u>Lunch</u> Whole Grain Beef or Turkey Hot Dog Whole Grain Chicken Sandwich Plain or Spicy Whole Grain Peanut/Subutter & Jelly Sandwich	<u>Lunch</u> Ham & Pineapple Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza