

JANUARY



BREAKFAST

Monday...4	Tuesday...5	Wednesday...6	Thursday...7	Friday...8
Cinnamon Streusel Muffin Fruit Milk	Yogurt Parfait Cereal Fruit Milk	Mixed Berry Pancakes Fruit Milk	Mini Quiche (egg, bacon and cheese) Fruit Milk	Bagel Cream Cheese Fruit Milk
Monday...11	Tuesday...12	Wednesday...13	Thursday...14	Friday...15
Cereal Fruit Milk	Breakfast Scones Fruit Milk	Egg & Cheese on a Biscuit Fruit Milk	French Toast Bites Fruit Milk	Assorted Muffins Fruit Milk
Monday...18	Tuesday...19	Wednesday...20	Thursday...21	Friday...22
NO SCHOOL	Graham Crackers Cereal Fruit Milk	Pumpkin Bread Fruit Milk	Baked French Toast Fruit Milk	Breakfast Burrito Fruit Milk
Monday...25	Tuesday...26	Wednesday...27	Thursday...28	Friday...29
Breakfast Roll Ups Fruit Milk	Banana Bread Fruit Milk	Waffle Fruit Milk	Scrambled Eggs Fruit Milk	Cinnamon Toast and/or Cereal Fruit Milk
Monday...1	Tuesday...2	Wednesday...3	Thursday...4	Friday...5
Bacon, Egg & Cheese on an Eng. Muffin Fruit Milk	Chocolate Chip Pancakes Fruit Milk	Oatmeal Raisin Muffin Fruit Milk	Yogurt Parfait Cereal Fruit Milk	Donut Fruit Milk

LUNCH

Monday...4	Tuesday...5	Wednesday...6	Thursday...7	Friday...8
White Pizza or Veggie Pizza Winter Blend Vegetables Fruit Milk	Tortellini or Salami Sandwich Green Beans Fruit Milk	Chicken Stir-Fry over Rice or Salami Sandwich Carrots Fruit Milk	Meatloaf or Salami Sandwich Mashed Potatoes Fruit Milk	Grilled Chicken Patty on a bun or Salami Sandwich Chicken Noodle Soup Fruit Milk
Monday...11	Tuesday...12	Wednesday...13	Thursday...14	Friday...15
Chicken Salad Sandwich, Ham Sandwich, PBJ or Cheese Sandwich Carrots Fruit Milk	Beef Taco or Ham Sandwich Broccoli Fruit Milk	ECS Bowl or Ham Sandwich Corn Fruit Milk	Italian Dunkers or Ham Sandwich Mixed Vegetables Fruit Milk	Oven Roasted Chicken or Ham Sandwich Mashed Potatoes Fruit Milk
Monday...18	Tuesday...19	Wednesday...20	Thursday...21	Friday...22
NO SCHOOL	Southwest Chicken Taco or Turkey Sandwich Refried Beans Fruit Milk	Fish Nuggets or Turkey Sandwich Rice Carrots Fruit Milk	Cheese Pizza or Pepperoni Pizza Broccoli Fruit Milk	Hamburger or Cheeseburger French Fries Fruit Milk
Monday...25	Tuesday...26	Wednesday...27	Thursday...28	Friday...29
Pasta with/ or without Meat Sauce or Egg Salad Sandwich Cal. Blend Fruit Milk	Nachos w/Meat & Cheese or Egg Salad Sandwich Black Beans Fruit Milk	Chicken Patty on Bun or Egg Salad Sandwich Carrots Fruit Milk	Chef Salad or Egg Salad Sandwich Vegetable Soup Fruit Milk	Grilled Cheese or Egg Salad Sandwich Tomato Soup Fruit Milk
Monday...1	Tuesday...2	Wednesday...3	Thursday...4	Friday...5
BBQ Pork on a Bun or Tuna Fish Sandwich Green Beans Fruit Milk	Soft Pretzels with Cheese Sauce or Tuna Fish Sandwich Winter Blend Fruit Milk	Chicken Cordon Bleu or Tuna Fish Sandwich Peas Fruit Milk	Cheese Pizza or Sausage & Mushroom Pizza Capri Blend Fruit Milk	Mac n Cheese or Tuna Fish Sandwich Peas Fruit Milk