



January Menu

All lunches are served with fruit and milk

THIS YEAR: Breakfast and lunch are available to ALL students for FREE

Monday	Tuesday	Wednesday	Thursday	Friday
	1/1 ACT Closed New Year's Day	1/2 Sloppy, Sloppy Joe served on a WG roll with oven baked fries and zesty green bean salad <i>Breakfast: breakfast pastry</i>	1/3 BBQ Chicken served with seasoned brown rice, steamed broccoli and golden carrots <i>Breakfast: mini waffles</i>	1/4 <i>Breakfast: egg & cheese</i>
1/7 Cheese Pizza Slice served with crispy celery sticks and crunchy baby carrots w/ ranch dipping sauce <i>Breakfast: breakfast pastry</i>	1/8 Brunch For Lunch French toast sticks served with an egg patty, tater tots and grape tomatoes <i>Breakfast: mini pancakes</i>	1/9 Chicken Tenders served seasoned brown rice, steamed broccoli and golden carrots <i>Breakfast: breakfast pastry</i>	1/10 Cheese Quesadilla served with zesty tomato salsa, sweet steamed corn and refried beans <i>Breakfast: mini waffles</i>	1/11 <i>Breakfast: egg & cheese</i>
1/14 Pizza Crunchers served with marinara, baby carrots and a garden salad w/ ranch dressing <i>Breakfast: breakfast pastry</i>	1/15 Chicken Soft Taco tomato salsa, shredded lettuce, tomato, refried beans and a strawberry shortcake bar for national strawberry ice cream day <i>Breakfast: mini pancakes</i>	1/16 BBQ Beef served on a WG roll with three bean salad, oven roasted potato wedges <i>Breakfast: breakfast pastry</i>	1/17 Cheesy Mac n' Cheese Served with a garlic bread stick, steamed broccoli and golden carrots <i>Breakfast: mini waffles</i>	1/18 <i>Breakfast: egg & cheese</i>
1/21 ACT Closed Martin Luther King Jr. Day	1/22 1:15pm Dismissal Exams	1/23 1:15pm Dismissal Exams	1/24 1:15pm Dismissal Exams	1/25 1:15pm Dismissal Exams
1/28 Cheese Pizza Slice served with three salad and crunchy baby carrots w/ ranch dressing <i>Breakfast: breakfast pastry</i>	1/29 Beef and Cheese Nachos served with zesty salsa, sweet steamed corn and refried beans <i>Breakfast: mini pancakes</i>	1/30 Toasted Cheese Sandwich served with vegetation baked beans and sweet potato fries <i>Breakfast: breakfast pastry</i>	1/31 Brunch For Lunch French toast sticks served with an egg patty, tater tots and grape tomatoes <i>Breakfast: mini waffles</i>	

A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and or 100% Fruit Juice
Reduced Sugar, Whole Grain Cereals will be offered in addition to the daily offering.

Build a Healthy Lunch! For BEST Nutrition Choose All 5!!
Protein - Whole Grains - Fruit - Vegetables - Milk

*Menu subject to change without notice.