January 2024 Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	WG Blueberry Muffin	Breakfast Sandwich	Sausage/Pancake on	Cereal: Honey Nut Cheeri
	Hardboiled Egg	Fresh Fruit	a Stick	Yogurt
No School	Fresh Fruit	100% Apple Juice	Syrup	Fresh Fruit
	100% Apple Juice	1% Lowfat White Milk or	Fresh Fruit	100% Apple Juice
	1% Lowfat White Milk or	Nonfat Chocolate Milk	100% Apple Juice	1% Lowfat White Milk o
	Nonfat Chocolate Milk		1% Lowfat White Milk or	Nonfat Chocolate Milk
			Nonfat Chocolate Milk	
0		0	Tromat onocolate mint	0
8	9	10	11	12
WG Turkey Sausage	WG Pancake Mini Bites	Cereal: Cinnamon	Omelet	Assorted Yogurt
Breakfast Pizza	Syrup	Toast Crunch	WG English Muffin	Granola w/ dried fruit
Fresh Fruit	Fresh Fruit	Cheese Stick	Fresh Fruit	Fresh Fruit
100% Orange Juice	100% Apple Juice	Fresh Fruit	100% Apple Juice	100% Orange Juice
1% Lowfat White Milk or	1% Lowfat White Milk or	100% Orange Juice	1% Lowfat White Milk or	1% Lowfat White Milk of
Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk	Nonfat Chocolate Milk
		Nonfat Chocolate Milk		
		Normal Oriocolate Willin		
15	16	17	18	19
	Jump Starts Breakfast Kit	Seasonal Fruit and	WG Blueberry Muffin	Egg & Potato
	(Poptart, Crackers, Juice)	Yogurt Parfait	Hardboiled Egg	Breakfast Taco
No School	Fresh Fruit	Graham Crackers	Fresh Fruit	Salsa
	1% Lowfat White Milk or	100% Orange Juice	100% Apple Juice	Fresh Fruit
	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or	100% Orange Juice
		Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk
				Nonfat Chocolate Milk
22	23	24	25	26
Scrambled Eggs	Hash Browns	WG Bagel	Bean and Cheese Burrito	Cereal: Honey Nut Cheer
w/ WG buttered toast	Turkey Sausage	Cream Cheese	WG Tortilla	Yogurt
Fresh Fruit	WG Tortilla	Fresh Fruit	Fresh Fruit	Fresh Fruit
100% Orange Juice	Fresh Fruit	100% Orange Juice	100% Apple Juice	100% Orange Juice
1% Lowfat White Milk or	100% Apple Juice	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk
Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk
	Nonfat Chocolate Milk			
29	30	31		
French Toast	Egg & Cheese	Sausage/Pancake on		
Sticks	Breakfast Taco	a Stick		
Syrup	Salsa	Syrup		
Fresh Fruit	Fresh Fruit	Fresh Fruit		
100% Orange Juice	100% Apple Juice	100% Apple Juice		
1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or		
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk		Canned Fruit in Light Syru
				WG = Whole Grain
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January 2024 K-8

1% Lowfat White Milk or Nonfat Chocolate Milk 22 Beef Mac Casserole Cheesy WG Breadstick Garden Salad w/ Cucumber, Carrot Sticks, Dressing Orange Slices 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Pasta Salad w/ veggies Cucumber Slices Hot Spiced Apples 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Nonfat Chocolate Milk Pasta Salad w/ veggies Cucumber Slices Hot Spiced Apples 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Pasta Salad w/ veggies Cucumber Slices Hot Spiced Apples 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk	Monday	Tuesday	Wednesday	Thursday	Friday
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Brocooll Prescapite Tidals Vis Defeated Vis		WG Spaghetti	Corn Dog	Pulled Pork	Bean Burrito Bowl
Prescriptor Tidolts WG Breadstick 1% Lowfat White Milk or Nonfat Chocolate Milk O		w/ Meat Sauce	Mustard, Ketchup	on WG Bun	w/ Brown Rice
WG Breadstick 1% Lowfat White Milk or Nonfat Chocolate Milk 0		Broccoli	Tossed salad w/ dressing	Sweet Potato Fries	WG Tortilla
1% Lowfat White Milk or Nonfat Chocolate Milk 0 8 9 10 II 12 Meatloaf Mashed potatoes Bean Soup Mandarin Oranges WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Chocolate Milk 15 16 17 18 19 10 17 18 19 10 11 12 Mashed potatoes Bean Soup Mandarin Oranges WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk Nonfat Ch	No School	Pineapple Tidbits	Tater Tots	Broccoli	Vegetable Medley
Nonfat Chocolate Milk Totatada Dippers Spanish Rice Peperoni Pizza WG Garlic Bread Refore Peas Mashed Potatoes W Gray Berocooli Masked Potatoes W Gray Masked Potatoes W Gray Spanish Rice Peach Cup Spanish Rice Nonfat Chocolate Milk Nonfat Chocolate M		WG Breadstick	Apple Slices	Peach Cup	Banana
Meatloaf Mashed potatoes Bean Soup Mandarin Oranges WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk I.S I6 I7 User Mashed Potatoes No School No School		1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or
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Nonfat Chocolate Milk 1% Lowfat White Milk or Nonfat Chocolate Milk		1% Lowfat White Milk or	Banana Bread Square	Sweet Potato Fries	Apple Slices
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January 2024 HS

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	WG Spaghetti	Corn Dog	Pulled Pork	Bean Burrito Bowl
	w/ Meat Sauce	Mustard, Ketchup	on WG Bun	w/ Brown Rice
	Broccoli	Tossed salad w/ dressing	Sweet Potato Fries	WG Tortilla
No School	Pineapple Tidbits	Tater Tots	Broccoli	Vegetable Medley
	Whole Orange	Apple Slices	Peach Cup	Banana
	WG Breadstick	Peaches	Orange Fresh	Pear Halves
	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or
	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk
0				0
8	9	10	11	12
Meatloaf	Tostada Dippers	Teriyaki Chicken	Grilled Ham & Cheese	Chicken Alfredo
Mashed potatoes	Spanish Rice	w/ Fried Rice	Sandwich	with Penne Pasta
Bean Soup	Shredded Lettuce	Broccoli	Tomato Soup	Green Peas
Mandarin Oranges	Cherry Tomatos	Applesauce	Tossed Salad w/ Dressing	Mixed Vegetables
Hot Spiced Apples	Salsa Cup	Pineapple Tidbits	Pear Halves	Mixed Fruit
WG Dinner Roll	Grapes	1% Lowfat White Milk or	Apple Slices	Whole Orange
1% Lowfat White Milk or	Peach Cup	Nonfat Chocolate Milk	1% Lowfat White Milk or	WG Garlic Toast
Nonfat Chocolate Milk	1% Lowfat White Milk or		Nonfat Chocolate Milk	1% Lowfat White Milk or
	Nonfat Chocolate Milk			Nonfat Chocolate Milk
15	16	17	18	19
	Pepperoni Pizza	Salisbury Steak	Cheeseburger	Crispy Beef Tacos (2)
	WG Garlic Bread	Mashed Potatoes w/ Gravy	on WG Bun	w/ Spanish Rice
	Broccoli	Mixed Vegetables	Lettuce, Tomato slice	Refried Beans
No School	Carrot Sticks/Dressing	Peach Cup	Mustard, Mayo, Ketchup	Shredded Lettuce, Tomato
	Pineapple Tidbits	Pear Halves	Sweet Potato Fries	Corn Salad
	Whole Apple	Banana Bread Square	Grapes	Apple Slices
	1% Lowfat White Milk or	1% Lowfat White Milk or	Whole Orange	Mixed Fruit
	Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or
			Nonfat Chocolate Milk	Nonfat Chocolate Milk
22	23	24	25	26
Beef Mac Casserole	Pork Choppette	Steak Fingers	Chicken Tenders	Beef Stir Fry
Cheesy WG Breadstick	Pasta Salad w/ Veggies	WG Roll	Sweet Potato Fries	w/ Brown Rice
Garden Salad w/ Cucumber,	Cucumber Slices	Steamed Corn	Mixed vegetables	Black Bean Salad
Carrot Sticks, Dressing	Hot Spiced Apples	Sauteed Zuchinni	Whole Apple	Broccoli
Orange Slices	Pineapple Tidbits	Peach Cup	Mandarin Oranges	Mixed Fruit
Pear Halves	1% Lowfat White Milk or	Applesauce	Banana Bread Square	Orange Slices
1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or
Nonfat Chocolate Milk		Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk
20	20	27		
29	30	31		ENTRÉE (CO
WG Spaghetti	Chicken Quesadilla	Meatloaf		ENTRÉE w/ GRAIN- BLUE
w/ Meat Sauce	Refried Beans	Mashed potatoes		GREEN VEG- GREEN
Broccoli	Cherry Tomatoes	Bean Soup		FRUIT- PINK
Pineapple Tidbits	Apple Slices	Mandarin Oranges		RED/ORANGE- RED
Whole Orange	Mixed Fruit	Hot Spiced Apples		STARCHY VEG- YELLOW
WG Breadstick	1% Lowfat White Milk or	WG Dinner Roll		OTHER VEG- ORANGE
1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or		Canned Fruit in Light Syrup
Nonfat Chocolate Milk		Nonfat Chocolate Milk		WG = Whole Grain
N-4 M				
Note: Menus are subject to char	• •			Odomku
"This institution is an equal opportu	inity provider.			Dietitian Consultants