

January 2024

Breakfast K-12

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

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January 2024

K-8

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

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January 2024 HS

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

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