

January 2023 Menu

All Meals served with Low Fat, Chocolate or Lactose free milk

Continental Breakfast will include the above milk options, 2 juice choices, a form of fruit, 4 cereal options, yogurt or string cheese. Some days will have additional other options such as cream cheese bagel bites, whole grain english muffins, omelet or other items; depending on availability.

	Mon 1/9/2023	Tues 1/10	Wed 1/11	Thur 1/12	Fri 1/13
Breakfast milk or juice	Cereal, yogurt, applesauce, juice, string cheese, bagel bite	Cereal, yogurt, applesauce, juice, string cheese, french toast sticks	Cereal, yogurt, applesauce, juice, string cheese, oatmeal	Cereal, yogurt, applesauce, juice, string cheese	Cereal, yogurt, applesauce, juice, string cheese, oatmeal
Lunch Served with milk	Spaghetti & Red Sauce Roasted Veggies	Fry Bread Beef Tacos	Chef's Salad	Shepherd's Pie	Chicken Dumpling Soup
	Mon 1/16	Tues 1/17	Wed 1/18	Thur 1/19	Fri 1/20
Breakfast milk or juice	NO SCHOOL	Cereal, yogurt, applesauce, juice, string cheese	Cereal, yogurt, applesauce, juice, string cheese, oatmeal	Cereal, yogurt, applesauce, juice, string cheese, eggs	Cereal, yogurt, applesauce, juice, string cheese, oatmeal
Lunch Served with milk	NO SCHOOL	Chicken Fajitas	Pork w/ Rice and Beans	Baked Chicken Mac & Cheese	Beef Stew & Roasted Veggies
	Mon 1/23	Tues 1/24	Wed 1/25	Thur 1/26	Fri 1/27
Breakfast milk or juice	Cereal, yogurt, applesauce, juice, string cheese	Cereal, yogurt, applesauce, juice, string cheese, oatmeal	Cereal, yogurt, applesauce, juice, string cheese, oatmeal	Cereal, yogurt, applesauce, juice, string cheese	Cereal, yogurt, applesauce, juice, string cheese, french toast sticks
Lunch Served with milk	Pulled Pork Sandwiches & Baked Beans	Mexi Style Chicken & Chickpea Bowl	Egg Bake & Pancakes	Lasagna & Salad	Chicken Tortilla Soup
	Mon 1/30	Tues 1/31	Wed 2/1	Thur 2/2	Fri 2/3
Breakfast milk or juice	Cereal, yogurt, applesauce, juice, string cheese	Cereal, yogurt, applesauce, juice, string cheese, apple bosco sticks	Cereal, yogurt, applesauce, juice, string cheese, oatmeal	Cereal, yogurt, applesauce, juice, string cheese	Cereal, yogurt, applesauce, juice, string cheese, oatmeal
Lunch Served with milk	Swedish Meatballs & Pasta	Pork Quesadillas	Sloppy Joes and Grn. Bean Casserole	Sesame Chicken and Veggies	Chicken Fajita Soup