

# January

## K-12 HOT/COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>SHELF STABLE Cinnamon Chex/Honey Grahams</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>HOT Turkey, Cheddar Cheese, and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>Apple Muffin</li> </ul>
1	2	3	4	5
<ul style="list-style-type: none"> <li>Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF)</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Muffin</li> </ul>	<ul style="list-style-type: none"> <li>HOT Chicken Sausage and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast Sticks</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese/Skeeter CINN Grahams</li> </ul>
8	9	10	11	12
No School	<ul style="list-style-type: none"> <li>RF Honey Buttons Cereal (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	<ul style="list-style-type: none"> <li>RF Honey Buttons Cereal (DF)</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream cheese</li> </ul>
15	16	17	18	19
<ul style="list-style-type: none"> <li>Dipper Doodle Bar (2.3 oz) (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast, Maple Turkey Sausage, and Egg Combo</li> </ul>	<ul style="list-style-type: none"> <li>RF Snow Flurries Cereal (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Omelet w/ Cheese</li> </ul>	No School
22	23	24	25	26
<ul style="list-style-type: none"> <li>MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz) (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul>		
29	30	31		

## Happy New Year!

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>SHELF STABLE Cinnamon Chex/Honey Grahams</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>HOT Turkey, Cheddar Cheese, and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>Apple Muffin</li> </ul>
1	2	3	4	5
<ul style="list-style-type: none"> <li>Multigrain Cheerios (DF)</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Muffin</li> </ul>	<ul style="list-style-type: none"> <li>HOT Chicken Sausage and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast Sticks</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese/Skeeter CINN Grahams</li> </ul>
8	9	10	11	12
No School	<ul style="list-style-type: none"> <li>Corn Chex (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt/Granola/ Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel/Cream cheese</li> </ul>
15	16	17	18	19
<ul style="list-style-type: none"> <li>Cheerios (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast, Maple Turkey Sausage, and Egg Combo</li> </ul>	<ul style="list-style-type: none"> <li>Corn Chex (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Omelet w/ Cheese</li> </ul>	No School
22	23	24	25	26
<ul style="list-style-type: none"> <li>Multigrain Cheerios (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes w/ Syrup</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul>		
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**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

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# January

## K-12 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
1	<ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Edamame with Blanched Broccoli Florets</li> </ul> 2	<ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Steamed Corn</li> </ul> 3	<ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Southwest Veggie Wrap (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul> 4	<ul style="list-style-type: none"> <li>Oven Roasted Chicken Sandwich (DF)</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Braised Greens</li> </ul> 5
<ul style="list-style-type: none"> <li>Italian "Sausage" Calzoni (VG)</li> <li>BBQ Chicken with Cheesy Rice</li> <li>Green Peas</li> </ul> 8	<ul style="list-style-type: none"> <li>Jumbo Italian Meatball with Penne</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Baby Carrots with Edamame</li> </ul> 9	<ul style="list-style-type: none"> <li>*NEW* Cheesy Pizza Bite (vg)</li> <li>Chilled, Seasoned Green Beans</li> </ul> 10	<ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Veggie Chef's Salad (VG)</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> 11	<ul style="list-style-type: none"> <li>Creamy Tomato Curry with Grilled Chicken</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Sweet Potatoes</li> </ul> 12
No School 15	<ul style="list-style-type: none"> <li>Kickin Chicken Melt Sandwich</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Grape Tomatoes with Pinto Beans</li> </ul> 16	<ul style="list-style-type: none"> <li>Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice</li> <li>Cheddar Cheese Sandwich (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul> 17	<ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> 18	<ul style="list-style-type: none"> <li>Hot Meatball Sub</li> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Steamed Corn</li> </ul> 19
<ul style="list-style-type: none"> <li>Classic Spaghetti and Meatballs (DF)</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Green Peas</li> </ul> 22	<ul style="list-style-type: none"> <li>Hearty Veggie Chili &amp; Mini Cornbread Meal (VG)</li> <li>Turkey and Cheddar Sandwich</li> <li>Baby Carrots and Pinto Beans</li> </ul> 23	<ul style="list-style-type: none"> <li>Chicken Taco Trio</li> <li>Chilled, Seasoned Green Beans</li> </ul> 24	<ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Southwest Veggie Wrap (VG)</li> <li>Blanched Broccoli Florets with RANCH</li> </ul> 25	No School 26
<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>Five Cheese Lasagna (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul> 29	<ul style="list-style-type: none"> <li>Chicken Teriyaki with Brown Rice (DF)</li> <li>Cheddar Cheese Sandwich (VG)</li> <li>Edamame</li> <li>Blanched Broccoli Florets</li> </ul> 30	<ul style="list-style-type: none"> <li>Classic Chicken Parm Pasta</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Steamed Corn</li> </ul> 31		

## Happy New Year! What's New?

Cheesy-bite size goodness! Try our new Cheesy Bite Pizza!

Our hearty chili is now served with a delicious side of corn bread!

Look for them on the menu on January 10<sup>th</sup> and 23<sup>rd</sup>!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

• Vegetable of the day

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1	<ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Cheddar Cheese Sandwich (VG)</li> <li>Pinto Beans with Blanched Broccoli Florets</li> </ul> 2	<ul style="list-style-type: none"> <li>Cheesy Chicken Quesadilla</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Steamed Corn</li> </ul> 3	<ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Southwest Veggie Wrap (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul> 4	<ul style="list-style-type: none"> <li>Oven Roasted Chicken Sandwich (DF)</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Braised Greens</li> </ul> 5
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<ul style="list-style-type: none"> <li>Spaghetti Marinara (vg)</li> <li>Green Peas</li> </ul> 22	<ul style="list-style-type: none"> <li>Cheesy Chicken Quesadilla</li> <li>Hearty Veggie Chili &amp; Mini Cornbread Meal (VG)</li> <li>Diced Carrots and Pinto Beans</li> </ul> 23	<ul style="list-style-type: none"> <li>Chicken Taco Trio</li> <li>Chicken Caesar Wrap</li> <li>Chilled, Seasoned Green Beans</li> </ul> 24	<ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Southwest Veggie Wrap (VG)</li> <li>Blanched Broccoli Florets with RANCH</li> </ul> 25	No School 26
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