

# JANUARY BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>NEW YEAR'S DAY! 1</p> <p>No School</p>	<p>2</p> <p>No School</p>	<p>3</p> <ul style="list-style-type: none"> <li>• cheerios &amp; educational snacks (shelf stable)</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>• lemon muffin</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>• yogurt &amp; educational snacks</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>• HOT french toast sticks (vg)</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>• blueberry burst bagel &amp; cream cheese</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>• HOT cheese &amp; omelet gordita (vg)</li> <li>• pineapple juice available</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• mini dipperdoodle bar &amp; string cheese</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>• yogurt &amp; cinnamon grahams</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• zac omega fruit filled strawberry bar (df)</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>• HOT buttermilk pancakes (vg)</li> <li>• orange juice available</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>• banana muffin</li> </ul>
<p>21</p> <p>No School</p>	<p>22</p> <ul style="list-style-type: none"> <li>• cinnamon "dipperdoodle" bar</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>• HOT French toast, turkey sausage, &amp; egg</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• mini french toast muffin &amp; string cheese</li> <li>• pineapple juice available</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>• cheerios &amp; education crackers</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>• HOT cheesy omelet (vg)</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>• HOT strawberry pancake bowl (vg)</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>• zee zees berry apple crisp bar (df)</li> <li>• orange juice available</li> </ul>	

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>NEW YEAR'S DAY!</p> <p>1</p> <p>No School</p>	<p>2</p> <p>No School</p>	<p>3</p> <ul style="list-style-type: none"> <li>• corn chex (shelf stable)</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>• lemon muffin</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>• yogurt &amp; educational snacks</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>• HOT french toast sticks (vg)</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>• blueberry bagel &amp; cream cheese</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>• HOT cheese &amp; omelet gordita (vg)</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• lemon muffin</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>• yogurt &amp; cinnamon grahams</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• blueberry bagel &amp; cream cheese</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>• HOT buttermilk pancakes (vg)</li> <li>• orange juice available</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>• banana muffin</li> </ul>
<p>21</p> <p>No School</p>	<p>22</p> <ul style="list-style-type: none"> <li>• multigrain cheerios</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>• HOT french toast sticks</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• mini french toast muffin &amp; string cheese</li> <li>• pineapple juice available</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>• cinnamon crumble</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>• cheerios &amp; fruit</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>• HOT cheesy omelet (vg)</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>• HOT strawberry pancake bowl (vg)</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>• mini French toast muffin &amp; string cheese</li> <li>• orange juice available</li> </ul>	

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*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

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JANUARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>NEW YEAR'S DAY!</b> 1</p> <p>No School</p>	<p>2</p> <p>No School</p>	<p>3</p> <ul style="list-style-type: none"> <li>the revolution dog (df)</li> <li>cheddar cheese sandwich (vg)</li> <li>sliced carrots</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>PIZZA FRIDAY (1<sup>st</sup> -12<sup>th</sup>)</li> <li>cheese pizza (vg)</li> <li>green peas</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>chicken bites</li> <li>egg salad sandwich (df)(vg)</li> <li>honey mustard chicken wrap</li> <li>steamed corn</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>beef burger (df)</li> <li>taco dippers kit (vg)</li> <li>seasoned green beans (chilled)</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>rainbow veggie pizza (vg)</li> <li>turkey &amp; cheddar sandwich</li> <li>edamame beans (chilled)</li> <li>baby carrots</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>the revolution dog (df)</li> <li>sunny sandwich kit (sunbutter and jelly) (vg)</li> <li>lettuce &amp; tomatoes with ranch</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>PIZZA FRIDAY (1<sup>st</sup> -12<sup>th</sup>)</li> <li>five cheese lasagna (vg)</li> <li>sweet potatoes</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>kickin' chicken melt</li> <li>egg salad sandwich (df) (vg)</li> <li>steamed corn</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>meatless "sausage" calzoni (vg)</li> <li>pepperjack cheeseburger</li> <li>glazed carrots</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>pasta with zesty beef</li> <li>cheese enchiladas (vg)</li> <li>pinto beans (chilled)</li> <li>baby carrots</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>crispy chicken sandwich (df)</li> <li>cheddar cheese sandwich (vg)</li> <li>lettuce &amp; tomatoes with ranch</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>PIZZA FRIDAY (1<sup>st</sup> -12<sup>th</sup>)</li> <li>the revolution dog (df)</li> <li>sunny sandwich kit (sunbutter &amp; jelly) (vg)</li> <li>seasoned green beans (chilled)</li> </ul>
<p>21</p> <p>No School</p>	<p>22</p> <ul style="list-style-type: none"> <li>philly cheesesteak calzoni</li> <li>cheddar cheese sandwich (vg)</li> <li>seasoned green beans (chilled)</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>orange chicken (df)</li> <li>taco dippers kits (vg)</li> <li>green peas</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>kickin' chicken alfredo</li> <li>cheddar cheese sandwich (vg)</li> <li>df option by request</li> <li>lettuce &amp; tomatoes with ranch</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>PIZZA FRIDAY (1<sup>st</sup> -12<sup>th</sup>)</li> <li>spaghetti &amp; meatballs (df)</li> <li>egg salad sandwich (vg) (df)</li> <li>sweet potatoes</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>popcorn chicken bites with bbq bean sauce</li> <li>sunny sandwich kit (sunbutter &amp; jelly) (vg)</li> <li>seasoned green beans (chilled)</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>hot meatball sub</li> <li>egg salad sandwich (vg) (df)</li> <li>island glazed carrots</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>jerk drumstick &amp; pineapple carrot rice</li> <li>cheddar cheese sandwich (vg)</li> <li>edamame beans (chilled)</li> <li>grape tomatoes</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>mac and cheese &amp; chicken bites</li> <li>southwest veggie wrap (vg)</li> <li>df option by request</li> <li>lettuce &amp; tomatoes with ranch</li> </ul>	

HAPPY NEW YEAR!

Resolutions with Revolution Foods...

**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.

o **Vegetable** of the day

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<p>7</p> <ul style="list-style-type: none"> <li>• chicken bites</li> <li>• egg salad sandwich (df)(vg)</li> <li>○ steamed corn</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>• beef burger (df)</li> <li>• taco dippers kit (vg)</li> <li>○ seasoned green beans (chilled)</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>• rainbow veggie pizza (vg)</li> <li>○ pinto beans (chilled)</li> <li>○ diced carrots</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>• oven roasted chicken sandwich (df)</li> <li>• sunny sandwich kit (sunbutter and jelly)(vg)</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>• five cheese lasagna (vg)</li> <li>○ sweet potatoes</li> </ul>
<p>14</p> <ul style="list-style-type: none"> <li>• kickin' chicken melt</li> <li>• egg salad sandwich (df) (vg)</li> <li>○ steamed corn</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>• pepperjack cheeseburger</li> <li>• sesame chicken wrap (df)</li> <li>○ glazed carrots</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>• pasta with zesty beef</li> <li>• cheese enchiladas (vg)</li> <li>○ pinto beans (chilled)</li> <li>○ diced carrots</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>• crispy chicken sandwich</li> <li>• cheddar cheese sandwich (vg)</li> <li>• df option by request</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>• cheese pizza (vg)</li> <li>• df option by request</li> <li>○ seasoned green beans (chilled)</li> </ul>
<p>21</p> <p>No School</p>	<p>22</p> <ul style="list-style-type: none"> <li>• Philly cheesesteak calzoni</li> <li>○ seasoned green beans (chilled)</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>• orange chicken (df)</li> <li>• taco dippers kits (vg)</li> <li>○ green peas</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>• kickin' chicken alfredo</li> <li>• cheddar cheese sandwich (vg)</li> <li>• df option by request</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>• spaghetti marinara (df)</li> <li>• egg salad sandwich (vg)(df)</li> <li>○ sweet potatoes</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>• grilled chicken bites with bbq bean sauce</li> <li>• sunny sandwich kit (sunbutter &amp; jelly)(vg)</li> <li>• df option by request</li> <li>○ seasoned green beans (chilled)</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>• crispy chicken sandwich</li> <li>○ island glazed carrots</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>• bbq chicken with cheesy rice</li> <li>• cheddar cheese sandwich (vg)</li> <li>○ pinto beans (chilled)</li> <li>○ tomatoes</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>• mac and cheese &amp; chicken bites</li> <li>• southwest veggie wrap (vg)</li> <li>• df option by request</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul>	

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○ **Vegetable** of the day