

Breakfast Menu



January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10 Cinnamon Delight Whole Fruit 1% White Milk Fat Free White Milk	11 Bean & Cheese Burrito w/ Hot Sauce Whole Fruit 1% White Milk Fat Free White Milk	12 Banana Bread Apple Sauce Whole Fruit 1% White Milk Fat Free White Milk	13 Egg & Sausage Breakfast Sandwich 100% Fruit Juice 1% White Milk Fat Free White Milk	14 PD No Classes	15	16
17 Dr. Martin Luther King, Jr.'s Birthday	18 Breakfast Cheese Tamale Whole Fruit 1% White Milk Fat Free White Milk	19 Fruit Yogurt Parfait Granola Apple Sauce 1% White Milk Fat Free White Milk	20 WG Mini Chocolate Chip Pancakes 100% Fruit Juice 1% White Milk Fat Free White Milk	21 Coffee Cake Craisins Whole Fruit 1% White Milk Fat Free White Milk	22	23
24 Banana Muffin Flat Whole Fruit 1% White Milk Fat Free White Milk	25 Mini Maple Pancakes Whole Fruit 1% White Milk Fat Free White Milk	26 Cereal w/ Cinnamon Grahams Whole Fruit 1% White Milk Fat Free White Milk	27 Chicken Sausage, Pancake & Syrup 100% Fruit Juice 1% White Milk Fat Free White Milk	28 Pan Dulce Craisins Whole Fruit 1% White Milk Fat Free White Milk	29	30
31 Bagel w/ Cream Cheese Whole Fruit 1% White Milk Fat Free White Milk						

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.
This institution is an equal opportunity provider.



Lunch Menu



January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4	5	6	7	8	9
10 Corn Dog w/ Oven Baked Fries Baby Carrots Apple Whole Fruit	11 Baked Ziti w/ Meat Sauce & Dinner Roll Mediterranean Chicken Salad w/ Popped Chips 100% Fruit Juice Whole Fruit	12 Chicken Burrito Bowl w/ Oatmeal Cookie Jicama w/ Tajin 1/2 Banana Whole Fruit	13 Chicken Tamale w/ Mixed Vegetables Buffalo Chicken Salad w/ Wheat Crackers Baby Carrots Whole Fruit	14 PD No Classes	15	16
17 Dr. Martin Luther King, Jr.'s Birthday	18 Cheese Manicotti w/ Tomato Basil Sauce Mediterranean Chicken Salad w/ Popped Chip Baby Carrots 100% Fruit Juice Whole Fruit	19 Turkey Chili w/ Original Popped Chips Chicken Taco Salad w/ Tortilla Chips Cucumber Slices w/ Tajin Whole Fruit	20 Spaghetti & Meatballs Buffalo Chicken Salad w/ Wheat Crackers & Ranch Baby Carrots Whole Fruit	21 Hamburger w/ WG Cookie Tuna Salad w/ Dinner Roll Lettuce, Tomato, Pickle Whole Fruit	22	23
24 Cheeseburger w/ Seasoned Fries Baby Carrots Whole Fruit	25 Chicken Teriyaki w/ Yakisoba Noodles Mediterranean Chicken Salad w/ Popped Chips Baby Carrots 100% Fruit Juice	26 Beef Picadillo, Rice & Black Beans Chicken Taco Salad w/ Tortilla Chips Jicama w/ Tajin Whole Fruit	27 Chicken Tamale w/ Mixed Vegetables Buffalo Chicken Salad w/ Wheat Crackers Baby Carrots Whole Fruit	28 Chicken or Cheese Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Whole Fruit	29	30
31 Beef Chili Cheese Fries w/ Tortilla Chips Baby Carrots Whole Fruit						

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Breakfast includes one entrée, fruit, and fat free white milk, 1% white milk or Fat free Chocolate milk



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