



January / Enero

Excel Charter Academy

Meal Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	<i>Cereal/ Baked Mac & Cheese Chick- en</i>	<i>Apple Muffin/ Meatless Pepperoni Calzone</i>	<i>Cinnamon Grahams/ Cheese burger.</i>	<i>Blueberry Muffin/ Pasta with Zesty Beef</i>	<i>Zac Omega/ Cheese Ravioli</i>	
15	16	17	18	19	20	21
15	No School	<i>Cereal/ Crispy Chicken Sand.</i>	<i>Blueberry Muffin/ Chicken Fajita Burrito</i>	<i>Cinnamon Grahams/ Baked Mac & Cheese chicken Bites</i>	<i>French Toast Muffin/ Hearty Veggie Chili</i>	21
22	23	24	25	26	27	28
	<i>No School Martin Luther King Jr. Day</i>	<i>Lemon Muffin/ Chicken Bites</i>	<i>Blueberry Muffin/ Egg & Cheese Panada Pie</i>	<i>Zac Omega/ Cheese Pizza</i>	<i>Cereal/ Chicken Tamale</i>	
29	30	31				
	<i>Cinnamon Grahams/ Spicy Chicken Chorizo & Cheese Egg Sand.</i>	<i>Plain Bagel/ Spaghetti & Meat Balls</i>				