



January Hot Breakfast Menu

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

Student's choice of skim or 1% milk provided at every meal.

This institution is an equal opportunity provider.



START THE NEW YEAR RIGHT!

Eating a balanced breakfast is a great way to support a healthy lifestyle! To create a balanced breakfast, include at least three of the five food groups on MyPlate: grains, protein, fruit, vegetables, and dairy.

Can you name the food groups in your school breakfast?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 new year's day no meal service
4 • whole wheat english muffin • butter • strawberry jelly • fresh cantaloupe wedge	5 • multi-grain cinnamon flakes cereal • whole wheat graham crackers • fresh orange	6 • brown sugar oatmeal • turkey sausage patty • fresh pear	7 cranberry parfait • vanilla yogurt • whole grain granola • cranberry sauce	8 • whole grain french toast • all natural syrup • turkey sausage links • fresh apple
11 • whole wheat bagel • low fat cream cheese • fresh cantaloupe wedge	12 • whole grain frosted mini wheats cereal • low fat cheese stick • fresh orange	13 • warm whole grain banana bread • fresh pear	14 • raspberry yogurt • whole grain strawberry oatmeal bar • fresh banana	15 • whole grain waffles • all natural syrup • turkey sausage links • fresh apple
18 martin luther king jr. day no meal service	19 • multi-grain frosted flakes cereal • whole wheat graham crackers • fresh orange	20 • brown sugar oatmeal • turkey sausage patty • fresh pear	21 cranberry parfait • vanilla yogurt • whole grain granola • cranberry sauce	22 • whole grain french toast • all natural syrup • turkey sausage links • fresh apple
25 • whole wheat bagel • low fat cream cheese • fresh cantaloupe wedge	26 • whole grain golden grahams cereal • low fat cheese stick • fresh orange	27 • warm whole grain banana bread • fresh pear	28 • strawberry banana yogurt • whole grain apple oatmeal bar • fresh banana	29 • whole grain waffles • all natural syrup • turkey sausage links • fresh apple



January Vegetarian Hot Breakfast Menu

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V = vegetarian **VE** = vegan

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Can you name the food groups in your school breakfast?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 new year's day no meal service
4 • whole wheat english muffin V • butter V • strawberry jelly VE • fresh cantaloupe wedge VE	5 • multi-grain cinnamon flakes cereal VE • whole wheat graham crackers VE • fresh orange VE	6 • brown sugar oatmeal V • veggie breakfast sausage patty V • fresh pear VE	7 cranberry parfait • vanilla yogurt V • whole grain granola VE • cranberry sauce VE	8 • whole grain french toast V • all natural syrup VE • veggie breakfast sausage patty V • fresh apple VE
11 • whole wheat bagel VE • low fat cream cheese V • fresh cantaloupe wedge VE	12 • whole grain frosted mini wheats cereal VE • low fat cheese stick V • fresh orange VE	13 • warm whole grain banana bread V • fresh pear VE	14 • raspberry yogurt V • whole grain strawberry oatmeal bar V • fresh banana VE	15 • whole grain waffles V • all natural syrup VE • veggie breakfast sausage patty V • fresh apple VE
18 martin luther king jr. day no meal service	19 • multi-grain frosted flakes cereal VE • whole wheat graham crackers VE • fresh orange VE	20 • brown sugar oatmeal V • veggie breakfast sausage patty V • fresh pear VE	21 cranberry parfait • vanilla yogurt V • whole grain granola VE • cranberry sauce VE	22 • whole grain french toast V • all natural syrup VE • veggie breakfast sausage patty V • fresh apple VE
25 • whole wheat bagel VE • low fat cream cheese V • fresh cantaloupe wedge VE	26 • whole grain golden grahams cereal VE • low fat cheese stick V • fresh orange VE	27 • warm whole grain banana bread V • fresh pear VE	28 • strawberry banana yogurt V • whole grain apple oatmeal bar V • fresh banana VE	29 • whole grain waffles V • all natural syrup VE • veggie breakfast sausage patty V • fresh apple VE



January Cold Breakfast Menu

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Can you name the food groups in your school breakfast?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 new year's day no meal service
4 • whole wheat english muffin • butter • strawberry jelly • fresh cantaloupe wedge	5 • multi-grain cinnamon flakes cereal • whole wheat graham crackers • fresh orange	6 • whole grain blueberry muffin • fresh pear	7 cranberry parfait • vanilla yogurt • whole grain granola • cranberry sauce	8 • whole grain cheerios cereal • low fat cheese stick • fresh apple
11 • whole wheat bagel • low fat cream cheese • fresh cantaloupe wedge	12 • whole grain frosted mini wheats cereal • low fat cheese stick • fresh orange	13 • whole grain banana bread • fresh pear	14 • raspberry yogurt • whole grain strawberry oatmeal bar • fresh banana	15 • whole grain golden grahams cereal • whole wheat graham crackers • fresh apple
18 martin luther king jr. day no meal service	19 • multi-grain frosted flakes cereal • whole wheat graham crackers • fresh orange	20 • whole grain apple cinnamon muffin • fresh pear	21 cranberry parfait • vanilla yogurt • whole grain granola • cranberry sauce	22 • whole grain cinnamon rice chex cereal • low fat cheese stick • fresh apple
25 • whole wheat bagel • low fat cream cheese • fresh cantaloupe wedge	26 • whole grain golden grahams cereal • low fat cheese stick • fresh orange	27 • whole grain banana bread • fresh pear	28 • strawberry banana yogurt • whole grain apple oatmeal bar • fresh banana	29 • whole grain frosted mini wheats cereal • whole wheat graham crackers • fresh apple



January Lunch Menu

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START THE NEW YEAR RIGHT!

Eating a balanced lunch is a great way to support a healthy lifestyle! To create a balanced lunch, include at least three of the five food groups on MyPlate: grains, protein, fruit, vegetables, and dairy.

Can you name the food groups in your school lunch?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 new year's day no meal service
4 <ul style="list-style-type: none"> whole grain italian turkey sausage & cheese pizza side caesar salad with parmesan cream dressing fresh orange 	5 taco tuesday <ul style="list-style-type: none"> cumin lime chicken with cheddar cheese in a whole wheat tortilla tomato salsa shredded lettuce honey lime dressing fresh pear 	6 <ul style="list-style-type: none"> jamaican jerk chicken drum red beans and yellow rice sauteed cabbage fresh banana 	7 <ul style="list-style-type: none"> turkey ham & cheddar on whole wheat bread with lettuce & tomato light mayonnaise & mustard lemon parmesan kale fresh apple 	8 <ul style="list-style-type: none"> beef bolognese over whole grain rotini pasta whole grain garlic toast sauteed green beans parmesan butternut squash fresh cantaloupe wedge
11 <ul style="list-style-type: none"> turkey & bean chili with shredded cheddar cheese whole grain corn tortilla chips southwest taco corn low fat sour cream fresh orange 	12 <ul style="list-style-type: none"> tuna salad with whole grain crackers green leaf salad with tomatoes and italian dressing fresh pear 	13 <ul style="list-style-type: none"> sweet chili chicken whole grain lo mein glazed carrots asian kale slaw fresh banana 	14 <ul style="list-style-type: none"> turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce cucumber coins with ranch dressing fresh apple 	15 <ul style="list-style-type: none"> buffalo chicken drum whole wheat mac & cheese steamed broccoli fresh cantaloupe wedge
18 martin luther king jr. day no meal service	19 taco tuesday <ul style="list-style-type: none"> cumin lime chicken with cheddar cheese in a whole wheat tortilla tomato salsa shredded lettuce honey lime dressing fresh pear 	20 <ul style="list-style-type: none"> jamaican jerk chicken drum red beans and yellow rice sauteed cabbage fresh banana 	21 <ul style="list-style-type: none"> turkey ham & cheddar on whole wheat bread with lettuce & tomato light mayonnaise & mustard lemon parmesan kale fresh apple 	22 <ul style="list-style-type: none"> beef bolognese over whole grain rotini pasta whole grain garlic toast sauteed green beans parmesan butternut squash fresh cantaloupe wedge
25 <ul style="list-style-type: none"> turkey & bean chili with shredded cheddar cheese whole grain corn tortilla chips southwest taco corn low fat sour cream fresh orange 	26 <ul style="list-style-type: none"> tuna salad with whole grain crackers green leaf salad with tomatoes and italian dressing fresh pear 	27 <ul style="list-style-type: none"> sweet chili chicken whole grain lo mein glazed carrots asian kale slaw fresh banana 	28 <ul style="list-style-type: none"> turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce cucumber coins with ranch dressing fresh apple 	29 <ul style="list-style-type: none"> buffalo chicken drum whole wheat mac & cheese steamed broccoli fresh cantaloupe wedge



January Vegetarian Lunch Menu

What do the colors on the menu mean?

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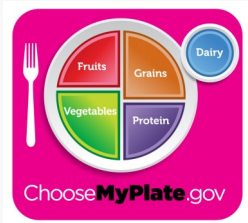
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>new year's day</p> <p>no meal service</p>
<p>4</p> <ul style="list-style-type: none"> whole grain cheese pizza V side caesar salad with parmesan cream dressing V fresh orange VE 	<p>5 taco tuesday</p> <ul style="list-style-type: none"> cheesy mexican bean dip V whole grain tortilla chips VE tomato salsa VE honey lime dressing V fresh pear VE 	<p>6</p> <ul style="list-style-type: none"> red beans and yellow rice VE sauteed cabbage VE fresh banana VE 	<p>7</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE lemon parmesan kale V fresh apple VE 	<p>8</p> <ul style="list-style-type: none"> tofu bolognese over whole grain rotini pasta VE whole grain garlic toast V sauteed green beans VE parmesan butternut squash V fresh cantaloupe wedge VE
<p>11</p> <ul style="list-style-type: none"> veg out chili VE whole grain corn tortilla chips VE southwest taco corn VE low fat sour cream V fresh orange VE 	<p>12</p> <ul style="list-style-type: none"> egg salad with whole grain crackers V green leaf salad with tomatoes and italian dressing VE fresh pear VE 	<p>13</p> <ul style="list-style-type: none"> super sesame tofu VE whole grain lo mein VE glazed carrots VE asian kale slaw VE fresh banana VE 	<p>14</p> <ul style="list-style-type: none"> veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V caesar dressing* cucumber coins with ranch dressing V fresh apple VE 	<p>15</p> <ul style="list-style-type: none"> buffalo tofu bites V whole wheat mac & cheese V steamed broccoli VE fresh cantaloupe wedge VE
<p>18 martin luther king jr. day</p> <p>no meal service</p>	<p>19 taco tuesday</p> <ul style="list-style-type: none"> cheesy mexican bean dip V whole grain tortilla chips VE tomato salsa VE honey lime dressing V fresh pear VE 	<p>20</p> <ul style="list-style-type: none"> red beans and yellow rice VE sauteed cabbage VE fresh banana VE 	<p>21</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE lemon parmesan kale V fresh apple VE 	<p>22</p> <ul style="list-style-type: none"> tofu bolognese over whole grain rotini pasta VE whole grain garlic toast V sauteed green beans VE parmesan butternut squash V fresh cantaloupe wedge VE
<p>25</p> <ul style="list-style-type: none"> veg out chili VE whole grain corn tortilla chips VE southwest taco corn VE low fat sour cream V fresh orange VE 	<p>26</p> <ul style="list-style-type: none"> egg salad with whole grain crackers V green leaf salad with tomatoes and italian dressing VE fresh pear VE 	<p>27</p> <ul style="list-style-type: none"> super sesame tofu VE whole grain lo mein VE glazed carrots VE asian kale slaw VE fresh banana VE 	<p>28</p> <ul style="list-style-type: none"> veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V caesar dressing* cucumber coins with ranch dressing V fresh apple VE 	<p>29</p> <ul style="list-style-type: none"> buffalo tofu bites V whole wheat mac & cheese V steamed broccoli VE fresh cantaloupe wedge VE

*please note: this product contains fish and milk