

Breakfast Pre-K

JANUARY 2024

MON	TUE	WED	THU	FRI
1 Winter Break	2 Winter Break	3 Corn Muffin w/ Fresh Apple Slices	4 Yogurt w/ 100% Orange Juice	5 Cheerios w/ 100% Grape Juice
8 Multi-Grain Flakes w/ 100% Grape Juice	9 Yogurt w/ Fresh Apple Slices	10 Rice Chex w/ 100% Apple Juice	11 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	12 Banana Muffin w/ Diced Peaches
15 No School	16 Multi-Grain Cinnamon Flakes w/ Diced Peaches	17 Multi-Grain Cheerios w/ Fresh Apple Slices	18 Yogurt w/ 100% Orange Juice	19 Cheerios w/ 100% Grape Juice
22 Multi-Grain Flakes w/ 100% Grape Juice	23 Yogurt w/ Fresh Apple Slices	24 Rice Chex w/ 100% Apple Juice	25 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	26 No School
29 Blueberry Muffin w/ 100% Fruit Juice	30 Multi-Grain Cheerios w/ 100% Orange Juice	31 Corn Muffin w/ Fresh Apple Slices		

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



Breakfast K-5

JANUARY 2024

MON	TUE	WED	THU	FRI
1 Winter Break	2 Winter Break	3 Cinnamon Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	4 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	5 Blueberry Muffin Fresh Orange & 100% Strawberry Kiwi Juice
8 Banana Muffin Raisins & Applesauce	9 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	10 Frosted Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice	11 Cinnamon Toast Crunch w/Graham Crackers Apple Slices & 100% Orange Juice	12 Cinnamon Crisp Bar Raisins & 100% Grape Juice
15 No School	16 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	17 Honey Cheerios w/ Graham Crackers Diced Peaches &100% Grape Juice	18 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	19 Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
22 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	23 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	24 Cinnamon Raisin Bagel w/Butter Diced Peaches &100% Grape Juice	25 Honey Cheerios w/ Graham Crackers Apple Slices & 100% Orange Juice	26 No School
29 Cinnamon Crisp Bar Raisins & 100% Grape Juice	30 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	31 Cinnamon Flakes w/ Graham Crackers Diced Peaches & 100% Grape Juice		

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Lunch Pre-K

JANUARY 2024

MON	TUE	WED	THU	FRI
1 Winter Break	2 Winter Break	3 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear	4 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	5 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
8 Beef Burger w/ Ketchup & Green Beans Spanish Rice & Beans w/ Plantain (V) Apple Slices	9 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	10 Chicken Alfredo w/ Penne Pasta Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple	11 Meatloaf w/ Gravy & Mashed Potatoes NEW! Penne w/ Chickpeas in Tomato Sauce Broccoli Orange Slices	12 Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
15 No School	16 Spanish Rice & Beans w/ Plantain (V) Fresh Apple	17 Salisbury Steak w/ Roasted Potatoes Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	18 BBQ Chicken w/ Sweet Mashed Potatoes Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	19 Turkey Fajita w/ Brown Rice & Corn Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
22 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Apple Slices	23 Chicken Mole w/ Brown Rice Pilaf & Green Peas Spanish Rice & Beans w/ Plantain (V) Fresh Pear	24 Chicken Fingers w/ Ketchup Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	25 Penne w/ Beef Meat Sauce w/ Italian Vegetables NEW! Penne w/ Tomato Sauce & Chickpeas (V) Orange slices	26 No School
29 Chicken Bites w/ Roasted Potatoes NEW! Vegetarian Chili w/ Brown Rice & Green Beans Apple Slices	30 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables Spanish Rice & Beans w/ Plantain (V) Fresh Apple	31 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear		

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Lunch K-5

JANUARY 2024

MON	TUE	WED	THU	FRI
1 Winter Break	2 Winter Break	3 Spaghetti & Beef Meatballs in Tomato Sauce Pasta in Tomato Sauce w/ Mozzarella Cheese (V) Broccoli Fresh Apple	4 Crispy Cheesy Chicken Biscuit Sandwich & Celery Sticks w/ Ranch Dressing Cobb Salad w/ Pita Bread (V) Fresh Banana	5 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
8 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	9 Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	10 NEW! Hot Honey Chicken Ciabatta Sandwich French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	11 Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	12 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
15 No School	16 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Pear	17 NEW! Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing Cheese Raviolis w/Green Beans (V) Fresh Apple	18 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	19 Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
22 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	23 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear	24 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice w/ Beans & Cheese (V) Fresh Apple	25 Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	26 No School
29 Beef Cheeseburger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	30 Chicken Fajita w/ Black Beans & Tomato Spanish Rice w/ Beans & Cheese (V) Fresh Pear	31 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple		

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After School Snack

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MON	TUE	WED	THU	FRI
1 Winter Break	2 Winter Break	3 Whole-Grain Sunchips w/ 100% Orange Juice	4 Mozzarella String Cheese w/ Fresh Large Apple	5 Whole-Grain Graham Crackers w/ 100% Orange Juice
8 Whole-Grain Pretzels w/ 100% Orange Juice	9 Whole-Grain Graham Crackers w/ 100% Fruit Juice	10 Blueberry Muffin w/ Mozzarella String Cheese	11 Whole-Grain Cheez-its Fruit Juice	12 Tostitos Scoops w/ 100% Apple Juice
15 No School	16 Doritos Cool Ranch w/100% Orange Juice	17 Whole-Grain Graham Crackers w/ 100% Apple Juice	18 Apple Cinnamon Muffin w/ Mozzarella String Cheese	19 Whole-Grain Pretzels w/ 100% Orange Juice
22 Banana Muffin w/ 100% Orange Juice	23 Baked Cheetos w/ 100% Fruit Juice	24 Whole-Grain Graham Crackers w/Strawberry Yogurt	25 Whole-Grain Pretzels w/ Mozzarella String Cheese	26 No School
29 Roasted Sunflower Seeds w/ 100% Fruit Juice	30 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	31 Whole-Grain Sunchips w/ 100% Orange Juice		

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