

January Lunch



MONDAY

1/8) One Hamburger, 1/2 Cup of Baked Beans, 1/4 Cup of Carrots, 1/2 Cup of Fruit Medley and One Cup of Milk.

1/15)

NO
SCHOOL

1/22) One Sloppy Joe, 1/2 Cup of Baked Beans, 1/2 Cup of Watermelon and One Cup of Milk.

1/29) 6oz of Macaroni and Cheese, One Dinner Roll, 1/2 Cup of Green Beans, 1/4 Cup of Baby Carrots, 1/2 Cup of Diced Peaches and One Cup of Milk.

TUESDAY

1/9) 3.6oz of Mandarin Orange Chicken, 1/2 Cup of Whole Grain Fried Rice, One Egg Roll, 1/2 Cup of Fruit Salad and One Cup of Milk.

1/16) One Hotdog with Ketchup and Mustard, 1/2 Cup of French Fries, 1/2 Cup of Steamed Carrots, One Apple and One Cup of Milk.

1/23) One Grilled Chicken Sandwich with One Slice of Lettuce and Tomato, 1/2 Cup of Steamed Broccoli, 1/4 Cup of Baby Carrots, 1/4 Cup of Fruit Cocktail and One Cup of Milk.

1/30) One Popcorn Chicken Bowl with Mashed Potatoes, Gravy and Corn, 1/2 Cup of Grapes and One Cup of Milk.

WEDNESDAY

1/10) One Bean and Cheese Burrito with 2tbsp of Mild Salsa, 1/4 Cup of Lettuce and 1/8 Cup of Tomato Garnish, 1/2 Cup of Cucumbers, 1/2 Cup of Orange Slices and One Cup of Milk.

1/17) Four Chicken Nuggets, One Dinner Roll, 1/2 Cup of Green Beans, 1/2 Cup of Cucumber Slices, 1/2 Cup of Strawberries and One Cup of Milk

1/24) One Hamburger, 1/2 Cup of French Fries, 1-1/4 Cup of Salad with Ranch Dressing, 1/2 Cup of Pears and One Cup of Milk.

1/31) Two Chicken Tacos with 2tbsp of Salsa, 1/4 Cup of Lettuce and 1/8 Cup of Tomato Garnish, 1/2 Cup of Refried Beans, 1/2 Cup of Mixed Berries and One Cup of Milk.

THURSDAY

1/11) One Grilled Chicken Sandwich with Ketchup, Mustard and Mayonnaise, 1/2 Cup of Steamed Broccoli, 1/4 Cup of Carrots, 1/2 Cup of Diced Peaches and One Cup of Milk.

1/18) 3/4 Cup of Spaghetti with 1/2 Cup of Meat Balls, One Whole Grain Garlic Bread, 1/2 Cup of Steamed Broccoli, One Apple and One Cup of Milk.

1/25) One Bean and Cheese Burrito with 2tbsp of Mild Salsa, 1/4 Cup of Lettuce and 1/8 Cup of Tomato Garnish, 1/2 Cup of Steamed Corn, One Cup of Spanish Rice, One Apple and One Cup of Milk

2/1) Four Chicken Nuggets, One Dinner Roll, 1/2 Cup of Green Beans, 1/2 Cup of Cucumber Slices, 1/2 Cup of Strawberries and One Cup of Milk

January Breakfast



MONDAY

1/8) One Breakfast Burrito with 2tbsp of Mild Salsa, 1/4 Cup of Pineapple, One Juice Box and One Cup of Milk.

1/15)

NO
SCHOOL

1/22) One Cinnamon Crisp with 3/4 Cup of Fruit Salad, 1/4 Cup of Peaches and One Cup of Milk.

1/29) Two Whole Grain Pancakes with Syrup, 1/2 Cup of Cinnamon Apple Slices, 1/2 Cup of Grapes and One Cup of Milk.

TUESDAY

1/9) Four French Toast Sticks, One String Cheese, One Cup of Diced Peaches, One Juice Box and One Cup of Milk.

1/16) Two Waffles with Syrup, 1/2 Cup of Strawberries, 1/2 Cup of Applesauce and One Cup of Milk.

1/23) One Whole Grain Bagel with Cream Cheese, One Juice Box, 1/2 Cup of Pears and One Cup of Milk.

1/30) One Slice of Whole Grain Toast, One Cup of Scrambled Egg, One Apple, One Juice Box and One Cup of Milk.

WEDNESDAY

1/10) One Slice of Whole Grain Toast, One Cup of Scrambled Egg, One Apple, One Juice Box and One Cup of Milk.

1/17) One Toasted English Muffin with Peanut Butter, One Apple, 1/2 Cup of Strawberries and One Cup of Milk

1/24) One Blueberry Muffin, One Mozzarella String Cheese, One Juice Box, 1/2 Cup of Orange Slices and One Cup of Milk.

1/31) One Breakfast Burrito with 2tbsp of Mild Salsa, One Juice Box, 1/2 Cup of Watermelon and One Cup of Milk

THURSDAY

1/11) One Cup of Cold Cereal, One Blueberry Muffin, One String Cheese, One Apple, One Juice Box and One Cup of Milk.

1/18) One Breakfast Burrito with 2tbsp of Mild Salsa, One Juice Box, 1/2 Cup of Watermelon and One Cup of Milk

1/25) One Cup of Cold Cereal, One Pack of Honey Graham Crackers, One Cup of Cantaloupe and One Cup of Milk.

2/1) Four French Toast Sticks, One String Cheese, One Cup of Diced Peaches, One Juice Box and One Cup of Milk.