

JANUARY BREAKFAST / LUNCH MENU

MILK* IS SERVED WITH ALL MEALS, Breakfast is served 7:45 am to 8:15 am

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>sunshine roll up sunshine breakfast breakfast parfait salsa, cereal apricots*, blueberries*</p> <p>corn dog, mustard cucumber, carrot berries on a cloud graham crackers ketchup*, hot dog+ corn dog^, hot dog w bun* potato wedges*^ apples w dip*</p>	<p>3</p> <p>waffle stick cereal, strwb cups oranges*+, waffles* sausage*</p> <p>chili vegetarian cauliflower, car cinnamon rolls chili*+, peach cup* cinnamon roll *+</p>	<p>4</p> <p>oatmeal, cereal toast, jelly oatmeal*, toast* blueberries* apples w dip*</p> <p>pork and gravy mashed potatoes peas, hmk rolls cherries in a cloud pork & gravy*, bread*, carrots* pnt. btr. cup*</p>	<p>5</p> <p>cereal variety cinn. toast breakfast parfait string cheese cereal*, toast* fresh pears*</p> <p>pizza cheese, pepperoni broccoli & cauliflower fruit cup, pudding cottage cheese ranch dressing graham crackers pizza *+, apples w dip* pb & hny sand.+^</p>	<p>6</p> <p>breakfst cookie p&b sandwich yogurt, trix applesauce *+^</p> <p>toasted ham & cheese chicken & rice soup tomato soup cauliflower, car sun chips variety mayonnaise packet mustard, oranges*+ ham sandwich * pb & hny sand.+^ corn chips.*^</p>
<p>9</p> <p>pizza muffin, cereal breakfast parfait mandarin orange pizza *+</p> <p>veg. beef soup vegetable soup tossed salad, strng cheese hmk rolls, ranch drsng banana bread banana cake*, peach cup* margarine^, breadsticks * italian dressing^</p>	<p>10</p> <p>french toast stick egg scrambled pancake syrup, cereal ham*, pancake * pears, fresh*</p> <p>oven fry chicken garden patty mashed potatoes gravy, white gravy, chicken hmk rolls corn*, carrots*</p>	<p>11</p> <p>cereal variety blbry muffin berries & yogurt oranges*+ cereal*, toast*</p> <p>tostado bean cheese, grated spanish rice, salsa oatmeal blueberries corn*, tostado bean*^</p>	<p>12</p> <p>oatmeal, cereal, toast toast*, oatmeal* blueberries* apples, slices* pnt. btr. cup*</p> <p>chicken pot pie vegetarian pot pie tossed salad ranch dressing berries & yogurt graham crackers peanut butter bar chicken pot pie * beets*, applesauce*+^</p>	<p>13</p> <p>eng. muffin egg s cereal, trix yogurt egg meat sand * hash browns*, ketchup* applesauce *+^</p> <p>chicken nugget baked sweet potato broccoli salad graham honey bears ketchup*, chicken nugget^ diced pears*, cookie* broccoli salad ^* baked chicken*</p>
<p>16</p> <p>Holiday No School</p>	<p>17</p> <p>pancakes, cereal strawberry cups ham*, pancake * applesauce *+^</p> <p>sauce marinara w/v pasta, parm cheese peaches, hmk rolls breadsticks *, gr beans* spaghetti pasta *</p>	<p>18</p> <p>oatmeal, cereal, toast toast*, oatmeal* blueberries* apricots* pnt. btr. cup*</p> <p>mashed potatoes peas, hmk rolls pumpkin cake hmk graham bears ch turkey & gravy*+ pnt. btr. cup* whip topping+^* carrots*, bread*</p>	<p>19</p> <p>breakfast cookie p&b sandwich berries & yogurt breakfast cookie * applesauce *+^</p> <p>nachos, salsa cucumber, carrots ranch dressing graham crackers nachos /beef *+, fruit bits*+</p>	<p>20</p> <p>Mid Term Conferences No School</p>
<p>23</p> <p>saus. chse. biscuit cereal, jelly berries & yogurt fresh pears* egg meat sand *</p> <p>turkey sandwich pita hummus sand chkn ndle & tomatoe soup sun chips variety cucumber, carrots mayo, mustard berries on a cloud turkey sandwich* peach cup*, sun chips+ corn chips,*^</p>	<p>24</p> <p>Waffle stick, cereal strawberry cups waffles*, ham*, oranges*+</p> <p>bean taco, salsa cheese, grated refried beans spanish rice apple crisp hs * beef tacos*, refrd beans* lettuce/tomato*^</p>	<p>25</p> <p>oatmeal, cereal trix yogurt, toast toast*, oatmeal* blueberries* apple ,slices* pnt. btr. cup*</p> <p>white chicken chile white bean casso cheese, grated strawberry cups graham crackers cornbread hmk cornbread *+^</p>	<p>26</p> <p>cereal variety string cheese blueberry muffin trix yogurt toast*, cereal* banana/half* bnas*</p> <p>mac n cheese new hmk rolls, clemntn orang. beef & macaroni * pb & hny sand.+^ bread*, margarine^ beef & macaroni * pb & hny sand.+^ broccoli*</p>	<p>27</p> <p>biscuit n sausage cereal, jelly breakfast parfait fresh pears* egg meat sand *</p> <p>sloppy joes sun chips variety carrots & sweet ranch dressing graham crackers peanut butter bar sloppy joes* applesauce *+^ corn chips,*^</p>
<p>30</p> <p>pizza muffin, cereal berries & yogurt berries & yogurt* cantaloupe*, pizza*+</p> <p>toasted cheese sand. graham crackers tomato soup, frsh vggies crackers, pudding ranch dressing cake*, apples w dip* crackers rice* ham sandwich *</p>	<p>31</p> <p>french toast stk egg scrambled syrup, pancake cereal, pancake* ham*, sliced pears*</p> <p>quesadillas, salsa spanish rice sliced apple*, corn* cherry crisp * tostado bean*^</p>			

KEY

*gluten free

^ vegan (no animal product (dairy or egg)

+ dairy free, egg free

In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C. If you have any questions, please contact Debbie Rappe at 435-259-2757.