## January 2024 Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
			Breakfast/Cereal	Mini Pancakes
			Bar	Fruit(1 Cup)
			Graham Snacks	Milk
			Fruit Juice	
			Fruit(½ Cup)	
			Milk	
8	9	10	11	12
Dry Cereal (1oz)	Cinnamon Bar	PopTart	Muffin	Sausage Biscuit
Graham Snacks	Fruit Juice	Graham Snacks	Fruit Juice	Fruit(1 Cup)
Fruit (1 Cup)	Fruit(½ cup)	Fruit Juice	Fruit (½ Cup)	Milk
Milk	Milk	Fruit (½ Cup)	Milk	
		Milk		
15	16	17	18	19
Holiday	Muffin	Mini Waffles	Breakfast/Cereal	Egg & Cheese
	Fruit Juice	Fruit Juice	Bar	Sandwich
	Fruit(½ Cup)	Fruit(½ Cup)	Fruit Juice	Fruit(1 Cup)
	Milk	Milk	Fruit(½ Cup)	Milk
			Milk	
22	23	24	25	26
Dry Cereal (1oz)	Breakfast Pizza	Cinn-Mini Bun	Pop Tart	Sausage Biscuit
Graham Snacks	Fruit Juice	Fruit Juice	Graham Snacks	Fruit(1 Cup)
Fruit(1 Cup)	Fruit(½ Cup)	Fruit(½ Cup)	Fruit Juice	Milk
Milk	Milk	Milk	Fruit(½ Cup)	
			Milk	
29	30	31		
Dry Cereal (1oz)	Egg & Cheese	Mini French		
Graham Snacks	Sandwich	Toast		
Fruit (1 Cup)	Fruit Juice	Fruit Juice		
Milk	Fruit(½ Cup)	Fruit(½ Cup)		
	Milk	Milk		

## K-8 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
			Crispitos(1)	Corn Dog Bites (6)
		I .	Pinto Beans	French Fries
			Corn Variety	Broccoli w/ Cheese
			Salsa	Fruit
			Fruit	Milk
			Milk	Alternate: Chicken
			Alternate: Quesadilla	l
8	9	10		Sandwich
	-	10	11	12
Pizza Calzone(1)or Pizza	Chicken Parmesan	Beef Nachos on Chips	Chicken Bites	Breakfast for Lunch
Crunchers	(1)w/Pasta	Pinto Beans	Sweet Potato	Pancakes (3)
Carrots w/ Ranch	Green Beans	Romaine Salad w/	Broccoli w/ Cheese	Sausage (1)
English Peas	Romaine Salad w/a	dressing packet	Roll	Egg Patty w/ Cheese
Fruit	dressing packet	Salsa	Fruit	Hash Browns
Milk	Roll	Fruit	Milk	Salsa
Alternate: Crispito (1)	Fruit	Milk	Alternate: Pizza Pocket	Fruit
	Milk	Alternate: Quesadilla		Milk
	Alternate: Pizza			Alternate: Sack Lunch
				THE THE SACK EATHER
15	16	17	18	19
HOLIDAY	Fajita Chicken Wrap	Spaghetti w/ Meat Sauce	Chicken Bites(6)	Pizza (1)
	Black Beans	Green Beans	Baby Bakers	Corn Variety
	Romaine Lettuce	Romaine Salad w/	Carrots w/ Ranch dressing	Romaine Salad w/
	Salsa	Ranch Dressing pk.	packet	ı .
	Fruit	Garlic Toast	Roll	dressing packet
	Milk			Fruit
		Fruit	Fruit	Milk
	Alternate: Pizza/Pizza	Milk	Milk	<b>Alternate:</b> Crispito (2)
	Crunchers	Alternate: Hot Dog	Alternate: Cheeseburger	
22	23	24	25	25
Country Steak w/ Gravy	Sweet & Sour Chicken			26
•		Chicken Sandwich	Cheeseburger Nuggets(8)	Hot Wings(3)
Creamed Potatoes	Fried Rice	Macaroni & Cheese	Corn Variety	Carrots w/ Ranch
Green Beans	English Peas	Turnip Greens	Romaine Salad w/dressing	French Fries
Roll	Stir Fry Vegetables	Black-Eyed Peas	Packet	Breadstick
Fruit	Fruit	Fruit	Roll	Fruit
Milk	Milk	Milk	Fruit	Milk
Alternate: Chicken	Alternate:Grilled Cheese	Alternate:Corn Dog or	Milk	Alternate: Quesadilla
Sandwich	Sandwich	Corn Dog Bites	<b>Alternate:</b> Pizza	
29	30	31		
Hot Dog (1)	Salisbury Steak w/ Gravy	Beef Nachos w/ Chips		
Baked Beans	Creamed Potatoes	Pinto Beans		
Bab Lima Beans	Carrots	Romaine Salad w/ Ranch		
Fruit	Roll	dressing packet		
Milk	Fruit	Salsa		
Alternate:Hot Ham &	Milk	Fruit		
Cheese Sandwich	Alternate: Pizza/Pizza	Milk		
	Crunchers	Alternate: Hot Dog		
	Crunchers	<b>Alternate:</b> Hot Dog		

## **High School 9-12 Lunch**

	8	CITOOI J-12		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
			Crispitos (2)	Corn Dog Bites(6)
			Pinto Beans	French Fries
			Corn Variety	Sweet Potato
			Salsa	Broccoli w/Cheese
			Fruit	Fruit
			Animal Crackers	Milk
			Milk	Alternate: Chicken
			Alternate: Quesadilla	Sandwich
			, weet nate: Questiana	Janawien
8	9	10	11	12
Pizza Calzone(1) or Pizza	Chicken Parmesan(1)w/	Beef Nachos on chips	Chicken Bites(6)	Breakfast for lunch
Crunchers	Pasta	Pinto Beans	Sweet Potato	Pancakes(3)
Carrots w/ranch	Green Beans	Romaine Salad w/	Broccoli w/ Cheese	Sausage(1)
English Peas	Romaine Salad	dressing packet	Roll	Egg Patty w/Cheese
Pudding Cup	w/dressing packet	Salsa	Fruit	Hash Browns
Fruit	Roll	Fruit	Milk	Salsa
Milk	Fruit	Milk	Alternate: Pizza Pocket	Fruit
Alternate: Crispito(2)	Milk	Alternate: Quesadilla	THE THE POLICE	Milk
	Alternate: Pizza	mermater quesauma		Alternate: Sack Lunch
15	16	17	18	19
Holiday	Fajita Chicken Wrap	Spaghetti w/ Meat Sauce	Chicken Bites(6)	Pizza(1 Slice)
	Spanish Rice	Green Beans	Baby Bakers	Corn Variety
	Black Beans	Romaine Salad w Ranch	Carrots w/ Ranch	French Fries
	Lettuce	Dressing (1 cup w/1 pk)	Roll	Romaine Salad w/
	Salsa	Garlic Toast	Fruit	dressing Packet
	Fruit	Fruit	Milk	Pudding Cup
	Milk	Milk	Alternate: Cheeseburger	Fruit
	Alternate: Pizza/Pizza	<b>Alternate:</b> Hot Dog		Milk
	Crunchers			Alternate: Crispito (2)
22	23	24	25	26
Country Steak w/ Gravy	Sweet & Sour Chicken(6)	Breaded Chicken	Cheeseburger Nuggets(8)	Hot Wings(3)
Creamed Potatoes	Fried Rice	Sandwich	Corn Variety	Carrots w/ Ranch
Green Beans	English Peas	Macaroni & Cheese	Sweet Potato Fries	Celery Sticks
Roll	Stir Fry Vegetables	Turnip Greens	Romaine Salad w/ dressing	French Fries
Fruit	Fruit	Black-eyed peas	Packet	Breadstick
Milk	Milk	Lettuce/Tomato	Roll	Fruit
Alternate: Chicken	Alternate: Grilled	Fruit	Fruit	Milk
Sandwich	Cheese Sandwich	Milk	Milk	
Sanawien	Cheese Janawich			Alternate: Quesadilla
		<b>Alternate:</b> Corn Dog or Corn Dog Bites	Alternate: Pizza	
29	30	31		
Hot Dog(1)	Salisbury Steak w/ Gravy	Beef Nachos w/ Chips		
Sweet Potato	Rice	Pinto Beans		
Baked Beans	Carrots			
Green Beans		Romaine Salad w/ Ranch		
	Roll	Salsa		
Fruit	Fruit	Fruit		
Milk	Milk	Milk		
Alternate: Hot Ham &	Alternate: Pizza/Pizza	<b>Alternate:</b> Hot Dog		
cheese Sandwich	Crunchers			