

# JANUARY 2025

## BREAKFAST



**School Information:** NSLP Meals are free to all students (1 per service) Adult and seconds: Breakfast \$3.50 Extra Milk \$0.50



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice **6**

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice **7**

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice **8**

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice **9**

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice , **10**

French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice **11**

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice **12**

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice **13**

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice **14**

No School **15**

No School **18**

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice **19**

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice **20**

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice **21**

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice , **22**

French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice **27**

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice **28**

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice **29**

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice **30**

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice , **31**

# JANUARY 2025

## LUNCH



**School Information:** NSLP Meals are free to all students (1 per service) Adult and seconds: Lunch \$4.95 Extra Milk \$0.50



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



No School

1

Chili Cheese Dog on a WG Roll  
Corn  
Fresh Fruit  
Milk

2

Cheese or Pepperoni Pizza  
Garden Salad  
Fresh fruit  
Milk

3

Chicken Fajita with Sour Cream and Salsa  
Mexican Style Rice  
Fresh Fruit  
Milk

6

Plain or Cheeseburger On a WG Bun  
Potato Wedges  
Fresh Fruit  
Milk

7

Chicken Parmesan with Linguini  
Green Beans  
Fresh Fruit  
Milk

8

Sheperds Pie  
WG Biscuit  
Fresh Fruit  
Milk

9

Cheese or Pepperoni Pizza  
Garden Salad  
Fresh Fruit  
Milk

10

Beef Tacos with Salsa and Sour Cream  
Mexican Style Rice  
Fresh Fruit  
Milk

11

Corn Dog  
Potato Wedges  
Fresh Fruit  
Milk

12

Chicken Broccoli Alfredo  
WG mozzarella  
Breadstick  
Fresh Fruit  
Milk

13

WG Ham and Cheese  
Bagel Melt  
Carrots  
Fresh Fruit  
Milk

14

No School

15

No School

18

BBQ Rib Sandwich on a WG Roll  
Coleslaw  
Fresh Fruit  
Milk

19

Macaroni and Cheese  
Garlic Bread  
Peas  
Fresh Fruit  
Milk

20

Chicken Tenders  
Tater Tots  
Fresh Fruit  
Milk

21

Cheese or Pepperoni Pizza  
Garden Salad  
Fresh fruit  
Milk

22

Cheese Quesadilla with Salsa and sour Cream  
Mexican Style Rice  
Fresh Fruit  
Milk

27

BBQ Pulled Pork Sandwich on a WG Roll  
Coleslaw  
Fresh Fruit  
Milk

28

Sweet and Sour Chicken over Rice  
Broccoli  
Fresh Fruit  
Milk

29

Meatball Sub on a WG Roll  
Corn  
Fresh Fruit  
Milk

30

Cheese or Pepperoni Pizza  
Garden Salad  
Fresh Fruit  
Milk

31