

# Menu

## January 2023

| Sunday          | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|-----------------|--|--|---|---|--|---|
| 1               | 2  | 3  | 4   | 5   | 6  | 7   |
| Happy New Year! | School Closed  | <u>AM Snack</u><br>Cheese Toast<br><u>Lunch</u><br>Mac & Cheese<br>Tator Tots<br>Broccoli<br><u>PM Snack</u><br>Strawberry Chex Mix                  | <u>AM Snack</u><br>Blueberry Muffins<br><u>Lunch</u><br>BBQ Sandwiches<br>Sweet Potato Fries<br>Peas<br><u>PM Snack</u><br>Crackers & Cheese                  | <u>AM Snack</u><br>Yogurt & Toast<br><u>Lunch</u><br>Turkey & Cheese Wraps<br>Green Beans<br>Cucumbers & Ranch<br><u>PM Snack</u><br>Applesauce         | <u>AM Snack</u><br>Cheese Omelet<br><u>Lunch</u><br>Meatballs & Gravy<br>Mashed Potatoes<br>Peaches<br><u>PM Snack</u><br>Rice Cake & Applesauce | Breakfast: 8-8:30am<br>Lunch: 11:00-11:30am<br>PM Snack: 2-2:30pm<br>Late Snack: 5-5:30pm |
| 8               | 9  | 10   | 11  | 12  | 13   | 14  |
|                 | <u>AM Snack</u><br>Waffles w/ Syrup<br><u>Lunch</u><br>Chicken Tacos<br>Broccoli<br>Mandarian Oranges<br><u>PM Snack</u><br>Yogurt Parfait         | <u>AM Snack</u><br>Oatmeal<br><u>Lunch</u><br>Burritos<br>Green Beans<br>Fruit Cocktail<br><u>PM Snack</u><br>Graham Cracker & Yogurt                | <u>AM Snack</u><br>Turkey Sausage Biscuit<br><u>Lunch</u><br>Chicken Alfredo<br>Green Beans<br>Cucumbers & Ranch<br><u>PM Snack</u><br>Pirate Booty           | <u>AM Snack</u><br>Cereal & Milk<br><u>Lunch</u><br>Hamburgers<br>Mixed Veggies<br>Pears<br><u>PM Snack</u><br>Fruit Parfait                            | <u>AM Snack</u><br>Cheese Toast<br><u>Lunch</u><br>Crispitos<br>Ranch Style Beans<br>Peaches<br><u>PM Snack</u><br>Crackers & Cheese             |   |
| 11              | 12   | 13   | 14  | 15  | 16   | 17  |
|                 | <u>AM Snack</u><br>Cereal w/ Milk<br><u>Lunch</u><br>Cheese Burger<br>Sweet Potato Fries<br>Fruit Cocktail<br><u>PM Snack</u><br>Cucumbers & Ranch | <u>AM Snack</u><br>Cheese Toast<br><u>Lunch</u><br>Taco Bowl<br>Corn<br>Applesauce<br><u>PM Snack</u><br>Rice Cakes & Applesauce                     | <u>AM Snack</u><br>Sausage & Hashbrown<br><u>Lunch</u><br>Steak Fingers<br>Mashed Potatos<br>Mandarian Oranges<br><u>PM Snack</u><br>Graham Crackers & Yogurt | <u>AM Snack</u><br>Blueberry Muffins<br><u>Lunch</u><br>Cheese Ravoli<br>Green Beans<br>Applesauce<br><u>PM Snack</u><br>Strawberry Chex Mix            | <u>AM Snack</u><br>Waffles w/ Syrup<br><u>Lunch</u><br>Turkey Cheese Wraps<br>Cucumbers & Ranch<br>Pears<br><u>PM Snack</u><br>Pirate's Booty    |   |
| 18              | 19   | 20   | 21  | 22  | 23   | 24  |
|                 | <u>AM Snack</u><br>Cereal & Milk<br><u>Lunch</u><br>Meatballs w/ Gravy<br>Mashed Potatos<br>Pears<br><u>PM Snack</u><br>Pretzles & Cheese          | <u>AM Snack</u><br>Waffles w/ Syrup<br><u>Lunch</u><br>Chicken Sandwich<br>Sweet Potato Fries<br>Cucumbers & Ranch<br><u>PM Snack</u><br>Fruit Salad | <u>AM Snack</u><br>Bagel w/Cream Cheese<br><u>Lunch</u><br>Crispitos<br>Corn<br>Peaches<br><u>PM Snack</u><br>Cheese-Itz                                      | <u>AM Snack</u><br>Yogurt & Graham Crackers<br><u>Lunch</u><br>Turkey Cheese Wraps<br>Peas<br>Mandarian Oranges<br><u>PM Snack</u><br>Cucumbers & Ranch | <u>AM Snack</u><br>Cheese Toast<br><u>Lunch</u><br>Chicken Quesidilla<br>Broccoli<br>Carrots<br><u>PM Snack</u><br>Fruit Parfait                 |   |
| 25              | 26   | 27   | 28  | 29  | 30   | 31  |
|                 | <u>AM Snack</u><br>Bagel w/Cream Cheese<br><u>Lunch</u><br>Tomato Soup<br>Grilled Cheese<br>Peaches<br><u>PM Snack</u><br>Crackers & Cheese        | <u>AM Snack</u><br>Oatmeal<br><u>Lunch</u><br>Grilled Chicken<br>Corn<br>Mandarian Oranges<br><u>PM Snack</u><br>Fruit Salad                         | <u>AM Snack</u><br>Cheese Omelet<br><u>Lunch</u><br>Turkey Tacos<br>Corn<br>Peaches<br><u>PM Snack</u><br>Pirate's Booty                                      | <u>AM Snack</u><br>Turkey Sausage Biscuit<br><u>Lunch</u><br>Cheese Ravoli<br>Green Beans<br>Fruit Cocktail<br><u>PM Snack</u><br>Carrots & Ranch       | <u>AM Snack</u><br>Blueberry Muffins<br><u>Lunch</u><br>Turkey Cheese Wraps<br>Green Beans<br>Pears<br><u>PM Snack</u><br>Graham Crackers        |   |

Milk and Water is served with every meal. All meals that require a substitute will have one provided.

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