

JANUARY 2024

APPLE

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

Breakfast:

Whole Grain Cereal

Lunch:

Chicken Nuggets with a Whole Wheat Roll and Oven Baked Potatoes

Fruit of the Day:

Apple

8

Breakfast:

Mini Strawberry Bagels

Lunch:

Chicken Tenders and a Whole Grain Waffle with Baked Beans

Fruit of the Day:

Orange

9

Breakfast:

Pumpkin Bread Slice

Lunch:

Macaroni and Cheese with Carrot Sticks

Fruit of the Day:

Applesauce

10

Breakfast:

Mini French Toast

Lunch:

Sweet and Sour Chicken with Whole Grain Rice and Broccoli

Fruit of the Day:

Fruit Cup

11

12

15

Breakfast:

Blueberry Muffin

Lunch:

Chicken Teriyaki With Whole Grain Rice and Broccoli

Fruit of the Day:

Orange

16

Breakfast:

Banana Bread Slice

Lunch:

Bean and Cheese Burrito with Oven Baked Potatoes

Fruit of the Day:

Applesauce

17

Breakfast:

Whole Grain Cereal

Lunch:

Breakfast Sandwich with Turkey Sausage and Cheese with Carrot Sticks

Fruit of the Day:

Fruit Cup

18

19

Breakfast:

Yogurt and Granola

Lunch:

Orange Chicken with Whole Grain Rice and Edamame

Fruit of the Day:

Apple

22

Breakfast:

Waffle and String Cheese

Lunch:

Mini Corndogs with Oven Baked Potatoes

Fruit of the Day:

Orange

23

Breakfast:

Bagel with Cream Cheese

Lunch:

Cheesy Breadsticks with Marinara Dipping Sauce and Carrot Sticks

Fruit of the Day:

Applesauce

24

Breakfast:

Whole Grain Cereal

Lunch:

Chicken Alfredo with Broccoli

Fruit of the Day:

Fruit Cup

25

26

29

Breakfast:

Mini Strawberry Bagels

Lunch:

Teriyaki Beef Dippers with Whole Grain Rice and Broccoli

Fruit of the Day:

Orange

30

Breakfast:

Whole Grain Cereal

Lunch:

Beef and Cheese Nachos with Black Beans

Fruit of the Day:

Applesauce

31

All Meals Include Low-Fat White Milk. Menu Subject to Change Without Notice. This Institution is an Equal Opportunity Provider and Employer.