**JANUARY 2022 MENU**



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| 3**See the source imageNON-STUDENT DAY** | 4 **BREAKFAST**Eggo Mini Cinnamon WafflesStrawberry Apple CrispsOcean Spray CraisinsShelf Stable White Milk (Low Fat )**LUNCH**Southern Style Chicken Bites with Cheez its®Seasoned Peas and CarrotsFruitables Veggie Juice BoxApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 5**BREAKFAST**Yogurt with GrahamBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken w/ Yellow RiceSweet Kernel Corn Baby Carrots w/RanchOcean Spray® Craisins(1 Elem/2 Secondary)Assorted Low Fat Milk | 6 BREAKFASTMini Loaf & Cheese Stick Fruit Cup100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Tasty Brands Turkey, Pepperoni &Cheese Croissant Steamed CarrotsGrape Tomatoes w/ RanchApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 7BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni and CheeseCheesy Garlic & Herb BroccoliBaby Carrots w/ RanchFresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 10**BREAKFAST**Coco Chip Protein BarOcean Spray Craisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini w/ MeatballsSteamed BroccoliCucumber Slices w/ RanchFresh Apple Slices(1 Elem/2 Secondary)Assorted Low Fat Milk | 11**BREAKFAST** Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**BBQ Chicken Cornbread BowlBBQ Baked Beans Baby Carrots w/ Ranch100% Fruit JuicePeach Cup(Secondary only)Assorted Low Fat Milk | 12 BREAKFASTMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Teriyaki Chicken w/ Brown RiceSteamed BroccoliFruitables Veggie Juice BoxOcean Spray® Craisins(1 Elem/2 Secondary)Assorted Low Fat Milk | 13BREAKFASTMini Loaf & Cheese Stick Fruit Cup100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Sloppy Joe SandwichSeasoned Peas & CarrotsGrape Tomatoes w/ RanchApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 14BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style Chicken Bites with Cheez itsHerbed CauliflowerBaby Carrots w/ RanchFresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 17**NO SCHOOL** | 18**BREAKFAST**Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Tasty Brands Turkey & Cheese Sandwich Seasoned Black BeansBaby Carrots w/ Ranch100% Fruit JuiceApplesauce Cup(Secondary only)Assorted low Fat Milk | 19BREAKFASTBlueberry Belgian Waffle Buddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH****Cuban Sandwich****Steamed Carrots**Fruitables Veggie Juice BoxOcean Spray® Craisins(1 Elem/2Secondary)Assorted Low Fat Milk | 20BREAKFASTMini Loaf & Cheese Stick Fruit Cup100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken Broccoli AlfredoSteamed BroccoliGrape Tomatoes w/ RanchApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 21BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Popcorn Chicken w/ Cheez its®Cheesy Spinach BakeBaby Carrots w/ RanchFresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 24**BREAKFAST** Chocolate Cream Chip Protein BarOcean Spray Craisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Lentil Pasta with Meatsauce & Breadsticks (2)Cucumber Slices w/ RanchFresh Apple Slices(1 Elem/2 Secondary)Assorted Low Fat Milk | 25 **BREAKFAST** Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style Chicken Bites with Cheez its®Seasoned Peas and CarrotsBaby Carrots w/ Ranch100% Fruit JuiceApple Slices(Secondary only)Assorted Low Fat Milk  | 26**BREAKFAST**Eggo® Mini Cinnamon WafflesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken w/ Yellow RiceSweet Kernel CornFruitables Veggie Juice BoxOcean Spray® Craisins(1 Elem/2 Secondary)Assorted Low Fat Milk | 27 BREAKFASTMini Loaf & Cheese Stick Fruit Cup100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Tasty Brands Turkey, Pepperoni &Cheese Croissant Steamed CarrotsGrape Tomatoes w/ RanchApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 28BREAKFASTSausage BiscuitBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni and CheeseCheesy Garlic & Herb BroccoliBaby Carrots w/ RanchFresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 31**BREAKFAST** Coco Chip Protein BarOcean Spray Craisins100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini w/ MeatballsSteamed BroccoliCucumber Slices w/ Ranch Fresh Apple Slices(1 Elem/2 Secondary) Assorted Low Fat Milk | Feb 1**BREAKFAST**Chicken Biscuit Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** BBQ Chicken Cornbread BowlBBQ Baked Beans Baby Carrots w/ Ranch100% Fruit JuiceApple Slices(Secondary only) Assorted Low Fat Milk | Feb 2 BREAKFASTSausage BiscuitMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Teriyaki Chicken w/ Brown RiceSteamed BroccoliFruitables Veggie Juice BoxOcean Spray® Craisins(1 Elem/2 Secondary)Assorted Low Fat Milk | Feb 3BREAKFASTMini Loaf & Cheese Stick Yogurt Smoothie w/Strawberry GrahamAssorted Canned Fruit100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Sloppy Joe SandwichSeasoned Peas & CarrotsGrape Tomatoes w/ RanchApplesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | Feb 4BREAKFASTSausage BiscuitBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style Chicken Bites with Cheez itsHerbed CauliflowerBaby Carrots w/ RanchFresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| **High School MUST serve an additional 1/2c serving of fruit daily.** |

Updated 12/10/21