**JANUARY 2022 MENU**



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| 3  **See the source imageNON-STUDENT DAY** | 4  **BREAKFAST**  Eggo Mini Cinnamon Waffles  Strawberry Apple Crisps  Ocean Spray Craisins  Shelf Stable White Milk (Low Fat )  **LUNCH**  Southern Style Chicken Bites with Cheez its®  Seasoned Peas and Carrots  Fruitables Veggie Juice Box  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 5  **BREAKFAST**  Yogurt with Graham  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken w/ Yellow Rice  Sweet Kernel Corn  Baby Carrots w/Ranch  Ocean Spray® Craisins  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 6 BREAKFAST Mini Loaf & Cheese Stick  Fruit Cup  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Tasty Brands Turkey, Pepperoni &Cheese Croissant  Steamed Carrots  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 7 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni and Cheese  Cheesy Garlic & Herb Broccoli  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 10  **BREAKFAST**  Coco Chip Protein Bar  Ocean Spray Craisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meatballs  Steamed Broccoli  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 11  **BREAKFAST**    Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Chicken Cornbread Bowl  BBQ Baked Beans  Baby Carrots w/ Ranch  100% Fruit Juice  Peach Cup  (Secondary only)  Assorted Low Fat Milk | 12 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Teriyaki Chicken w/ Brown Rice  Steamed Broccoli  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 13 BREAKFAST Mini Loaf & Cheese Stick  Fruit Cup  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Sloppy Joe Sandwich  Seasoned Peas & Carrots  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 14 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites with Cheez its  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 17  **NO SCHOOL** | 18  **BREAKFAST**  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey & Cheese Sandwich  Seasoned Black Beans  Baby Carrots w/ Ranch  100% Fruit Juice  Applesauce Cup  (Secondary only)  Assorted low Fat Milk | 19 BREAKFAST Blueberry Belgian Waffle Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  **Cuban Sandwich**  **Steamed Carrots**  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2Secondary)  Assorted Low Fat Milk | 20 BREAKFAST Mini Loaf & Cheese Stick  Fruit Cup  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken Broccoli Alfredo  Steamed Broccoli  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 21 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Popcorn Chicken  w/ Cheez its®  Cheesy Spinach Bake  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 24  **BREAKFAST**  Chocolate Cream Chip Protein Bar  Ocean Spray Craisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Lentil Pasta with Meatsauce & Breadsticks (2)  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 25  **BREAKFAST**    Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites with Cheez its®  Seasoned Peas and Carrots  Baby Carrots w/ Ranch  100% Fruit Juice  Apple Slices  (Secondary only)  Assorted Low Fat Milk | 26  **BREAKFAST**  Eggo® Mini Cinnamon Waffles  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken w/ Yellow Rice  Sweet Kernel Corn  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 27 BREAKFAST Mini Loaf & Cheese Stick  Fruit Cup  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Tasty Brands Turkey, Pepperoni &Cheese Croissant  Steamed Carrots  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 28 BREAKFAST Sausage Biscuit  Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni and Cheese  Cheesy Garlic & Herb Broccoli  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 31  **BREAKFAST**  Coco Chip Protein Bar  Ocean Spray Craisins  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meatballs  Steamed Broccoli  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | Feb 1  **BREAKFAST**  Chicken Biscuit  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Chicken Cornbread Bowl  BBQ Baked Beans  Baby Carrots w/ Ranch  100% Fruit Juice  Apple Slices  (Secondary only)  Assorted Low Fat Milk | Feb 2 BREAKFAST Sausage Biscuit  Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Teriyaki Chicken w/ Brown Rice  Steamed Broccoli  Fruitables Veggie Juice Box  Ocean Spray® Craisins  (1 Elem/2 Secondary)  Assorted Low Fat Milk | Feb 3 BREAKFAST Mini Loaf & Cheese Stick  Yogurt Smoothie w/Strawberry Graham  Assorted Canned Fruit  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**    Sloppy Joe Sandwich  Seasoned Peas & Carrots  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | Feb 4 BREAKFAST Sausage Biscuit  Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites with Cheez its  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh 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