

January

Breakfast Menu

Fruits



Choose from a variety of fruits to start your morning off right

Grains

Choose from a variety of dry cereal, toast bagel, English muffin or try a cereal bar

Milk and Juice

You can also choose white or chocolate milk and a variety of fruit juices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3 PANCAKES SYRUP	4 BREAKFAST TACO HOT CEREAL	5 EGG SANDWICH	6 BLUEBERRY MUFFIN	
9 SCRAMBLED EGG BACON	10 ENGLISH MUFFIN BREAKFAST SANDWICH	11 BOILED EGG BACON HOT CEREAL	12 FRENCH TOAST STICKS/SYRUP	13 BREAKFAST PIZZA
 17 BISCUIT SANDWICH	18 CHEESE OMELET HOT CEREAL	19 WAFFLES SYRUP BACON	20 BREAKFAST BURRITO	
23 PANCAKES SYRUP	24 SAUSAGE HAMBROWN CASSEROLE	25 SCRAMBLED EGG HOT CEREAL	26 ENGLISH MUFFIN BREAKFAST SANDWICH	27 SAUSAGE PANCAKE
30 SCRAMBLED EGG	31 BREAKFAST BAGEL SANDWICH			

January

Lunch Menu


There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Ham & Cheese Panini Or Turkey & Cheese Panini Steak Fries Seasoned Peas	4 Lasagna Or Spaghetti w/Meat Sauce Italian Blend Veggies Breadstick	5 Beef or Chicken Fajitas Spanish Rice Refried Beans	6 Sloppy Joe on Bun Potato Chips Baked Beans
9 Chicken Manicotti Or Hearty Beef Ravioli Mixed Veggies Garlic Bread	10 Pork Tamale Or Chile Rellano Pork Posole	11 Homemade Grilled Cheese Plain or with Green Chili Tater Tots Jicama Slices	12 Chicken Salad Or Tuna Salad Sweet Potato Waffle Fries Seasoned Green Beans	13 Meatball Sub Potato Chips Fresh Veggies w/Dip
The time is always right, To do what is right. <small>-Dr. Martin Luther King, Jr.</small>	17 Fish Sandwich Or Grilled Chicken Sandwich Glazed Carrots Tater Tots	18 Carnita Taco Or Chicken Taco Refried Beans Spanish Rice	19 Patty Melt Or Turkey Wrap Steak Fries Jicama Slices	20 Chimichanga Corn and Black Bean Salad
23 Steakfingers Or Chicken Strips Au Gratin Potatoes Calif. Blend Veggies Hawaiian Sweet Roll	24 Lasagna Or Spaghetti Mixed Vegetables Breadstick	25 Super Nachos Or Chicken Quesadilla Fresh Veggies Pinto Beans	26 Salisbury Steak Or Chicken Fried Steak Mashed Potatoes w/Gravy Wheat Roll	27 Chicken Nuggets Sweet Potato Waffle Fries Seasoned Green Beans Hawaiian Roll
30 Variety of Pizza Seasoned Corn	31 Stuffed Bell Pepper Meatball Sub Steak Fries Garlic Butter Carrots			

January

Dinner Menu

There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 CHICKEN STRIPS MASHED POTATOES/GRAVY SCALLOPED ZUCCHINI BUTTERED TEXAS TOAST	4 CAJUN BUTTER CHICKEN BREAST BLACK BEANS AND RICE WHEAT ROLL	5 SUB SANDWICH POTATO SALAD SLICED TOMATOES	"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education." Martin Luther King, Jr.
9 CHICKEN A LA KING SEASONED BROCCOLI HAWAIIAN SWEET ROLL	10 BEAR BURGER DICED REDSKIN POTATOES SEASONED GREEN BEANS	11 GR. CHILI CHICKEN ENCHILADA SPANISH RICE CALABASITAS	12 ROAST BEEF MASHED POTATOES W/ GRAVY GLAZED CARROTS ROLL	"Love is the only force capable of transforming an enemy into a friend." Martin Luther King, Jr.
	17 CHICKEN ALFREDO STEAMED BROCCOLI GARLIC BREAD	18 CORN DOG OR HOT DOG STEAK FRIES BAKED BEANS	19 PORK POT ROAST W/ POTATOES AND CARROTS WHEAT ROLL	"We must accept finite disappointment, but never lose infinite hope." Martin Luther King, Jr.
23 STROMBOLI POTATO CHIPS WARM SPICED APPLES	24 FISH NUGGETS MACARONI AND CHEESE SLICED TOMATOES	25 CHICKEN BREAST IN POBLANO SAUCE LOADED MSHD POTATOES ITALIAN BLEND VEGIES WHEAT ROLL	26 CHICKEN BACON RANCH FLATBREAD TATER TOTS SEASONED PEAS	"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." Martin Luther King, Jr.
30 SAUSAGE RED BEANS AND RICE BREADSICK	31 SLOPPY JOE ON BUN HASHBROWN PATTY SEASONED BROCCOLI			

ADD-ONS JANUARY



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9	10	11	12 BAKED POTATO BAR	13
16	17	18 CHOCOLATE CHIP COOKIE	19	16
23	24	25	26	27
30	31 BROWNIE ICE CREAM			

