

# JANUARY LUNCH

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
|  | 1   | 2  | 3  | 4   |
| <b>7</b> B• cinnamon chex & Honey Grahamns<br><br>L• chicken bites<br>o blanched broccoli (chilled)<br><br>S• hot & spicy goldfish cheese crackers & juice | <b>8</b> B• Apple Cinnamon Muffin<br><br>L• the revolution dog<br>o green peas<br><br>S• string cheese & fruit                                    | <b>9</b> B• mini french toast muffin & string cheese<br><br>L• oven roasted chicken sandwich<br>o warm pinto beans<br><br>S• zac attack apple fruit-filled bar & fruit           | <b>10</b> B• Peach Pancake Bowl<br><br>L• mongolian beef<br>o sliced cucumber<br><br>S• honey wheat crackers & fruit                     | <b>11</b> B• plain bagel & cream cheese<br><br>L• ranchero beef rice bake<br>o glazed carrots<br><br>S• ranch rumbles six grain crackers & fruit          |
| <b>14</b> B• corn chex & educational snacks<br><br>L• creamy chicken alfredo<br>o steamed corn<br><br>S• honey grahamns & fruit                            | <b>15</b> B• Cinnamon Raisin Bagel<br><br>L• spaghetti marinara<br>o celery sticks with ranch<br><br>S• honey wheat crackers & fruit              | <b>16</b> B• banana muffin<br><br>L• beef cheeseburger<br>o lettuce & tomatoes<br><br>S• cinnamon rumbles six grain crackers & fruit   | <b>17</b> B• Hot Egg & Cheese Brekwich<br><br>L• orange chicken<br>o glazed carrots<br><br>S• granola with string cheese                 | <b>18</b> B• blueberry burst muffin<br><br>L• cheesy ravioli (v)<br>o baby carrots & warm pinto beans<br><br>S• colored goldfish cheese crackers & fruit  |
| <b>21</b> NO SCHOOL<br><br>  | <b>22</b> B• cinnamon chex & educational snacks<br><br>L• cheese enchilada plate (v)<br>o steamed corn<br><br>S• honey grahamns & fruit           | <b>23</b> B• blueberry bagel & cream cheese<br><br>L• ham & cheese sandwich<br>o blanched broccoli with ranch (chilled)<br><br>S• strawberry or strawberry-banana yogurt & fruit | <b>24</b> B• Hot Cinnamon Toast Bagel<br><br>L• chicken gumbo & cornbread<br>o sliced cucumber<br><br>S• pretzel goldfish & fruit        | <b>25</b> B• mini lemon muffin & string cheese (v)<br><br>L• chicken taco trio<br>o steamed carrots<br><br>S• cinnamon rumbles six grain crackers & fruit |
| <b>28</b> B• zee zees cinnamon crisp bar<br><br>L• chorizo & cheese eggwich (egg sandwich)<br>o celery sticks<br><br>S• cheddar goldfish & fruit           | <b>29</b> B• Plain Bagel & Cream Cheese<br><br>L• red chile chicken tamale<br>o seasoned carrots, corn, and peas<br><br>S• honey grahamns & fruit | <b>30</b> B• cinnamon crumbles<br><br>L• beef cheeseburger<br>o lettuce & tomatoes with ranch<br><br>S• colored cheese goldfish cheese crackers & string cheese                  | <b>31</b> B• Hot Strawberry Pancake Bowl<br><br>L• lone star bbq chicken sandwich<br>o glazed carrots<br><br>S• pretzel goldfish & fruit |   |

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.

**revolution** foods.

This institution is an equal opportunity provider.

