



# JANUARY

**Breakfast**



## TEACH ACADEMY #00 MS

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
	EGG & CHEESE ON A BRIOCHE BUN Diced Peaches Grape Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Orange-Tangerine Juice Choice of Milk	STRING CHEESE Peach Mini Loaf ^ Fresh Apple* Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
RASPBERRY YOGURT Granola ^ Craisins Orange-Tangerine Juice Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Cup Strawberry-Kiwi Juice Choice of Milk	BLUEBERRY COFFEE CAKE Graham Crackers ^ Fresh Apple* Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Pear* Fruit Punch Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Blueberry Muffin ^ Fresh Apple* Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	SAUSAGE & WAFFLE ^ Pineapple Tidbits Orange Juice Syrup Choice of Milk	WHOLE PLAIN BAGEL ^ Cream Cheese Fresh Apple* Choice of Milk	BREAKFAST BURRITO ^ Fresh Orange* Applesauce Cup Choice of Milk	WG CHEERIOS ^ Graham Crackers ^ Fresh Apple* Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
APPLE CINNAMON COFFEE CAKE French Toast Breakfast Square ^ Applesauce Cup Orange-Tangerine Juice Choice of Milk	FRENCH TOAST STICKS ^ Grape Juice Diced Pears Syrup Choice of Milk	MAPLE BROWN SUGAR OATMEAL ^ Granola ^ Fresh Apple* Choice of Milk	CHEESE OMELET Biscuit ^ Fresh Orange* Mixed Fruit Cup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.



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	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
	CHEESE PIZZA ^ Green Beans Applesauce Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Wrapped Hot Dog Bun ^ Maple Baked Beans Orange-Tangerine Juice Mustard Ketchup Choice of Milk	CHICKEN NUGGETS ^ Marinara Dipping Sauce Broccoli Mixed Fruit Cup Chocolate Cookie ^ Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Wrapped Sliced Bread ^ Mixed Vegetables Grape Juice Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
PEPPERONI PIZZA ^ Green Beans Apple Juice Choice of Milk	MAC & CHEESE ^ Romaine Lettuce Fresh Cucumber Slices Light Italian Dressing Fresh Apple Slices Choice of Milk	Fiesta Beans Fruit Punch Juice Corn Muffin ^ BBQ Sauce Ketchup Choice of Milk SPECIAL MEAL CHICKEN DRUMSTICK W POTATO ROUNDS	BEAN & CHEESE BURRITO ^ Salsa Cup Corn Mixed Fruit Cup Choice of Milk	SLOPPY JOE Wrapped Hamburger Bun ^ Mixed Vegetables Fresh Orange* Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ French Fries Pickle Chips Fresh Pear* Mustard Ketchup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Tropical Veggie Juice Diced Peaches Choice of Milk	CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Golden Potato Rounds Fresh Banana* BBQ Sauce Ketchup Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
CORN DOG ON A STICK^ Mixed Vegetables Grape Juice Mustard Ketchup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ Tomato Soup^ Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Choice of Milk	BBQ CHICKEN Wrapped Hamburger Bun ^ Maple Baked Beans Fresh Orange* Choice of Milk	CHILI Corn Muffin ^ Corn Fresh Apple Slices Choice of Milk	

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# JANUARY

**Breakfast**



## TEACH ACADEMY #45 MS

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
	EGG & CHEESE ON A BRIOCHE BUN Diced Peaches Grape Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Orange-Tangerine Juice Choice of Milk	STRING CHEESE Peach Mini Loaf ^ Fresh Apple* Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
RASPBERRY YOGURT Granola ^ Craisins Orange-Tangerine Juice Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Cup Strawberry-Kiwi Juice Choice of Milk	BLUEBERRY COFFEE CAKE Graham Crackers ^ Fresh Apple* Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Pear* Fruit Punch Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Blueberry Muffin ^ Fresh Apple* Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	SAUSAGE & WAFFLE ^ Pineapple Tidbits Orange Juice Syrup Choice of Milk	WHOLE PLAIN BAGEL ^ Cream Cheese Fresh Apple* Choice of Milk	BREAKFAST BURRITO ^ Fresh Orange* Applesauce Cup Choice of Milk	WG CHEERIOS ^ Graham Crackers ^ Fresh Apple* Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
APPLE CINNAMON COFFEE CAKE French Toast Breakfast Square ^ Applesauce Cup Orange-Tangerine Juice Choice of Milk	FRENCH TOAST STICKS ^ Grape Juice Diced Pears Syrup Choice of Milk	MAPLE BROWN SUGAR OATMEAL ^ Granola ^ Fresh Apple* Choice of Milk	CHEESE OMELET Biscuit ^ Fresh Orange* Mixed Fruit Cup Choice of Milk	

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	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
	CHEESE PIZZA ^ Green Beans Applesauce Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Wrapped Hot Dog Bun ^ Maple Baked Beans Orange-Tangerine Juice Mustard Ketchup Choice of Milk	CHICKEN NUGGETS ^ Marinara Dipping Sauce Broccoli Mixed Fruit Cup Chocolate Cookie ^ Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Wrapped Sliced Bread ^ Mixed Vegetables Grape Juice Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
PEPPERONI PIZZA ^ Green Beans Apple Juice Choice of Milk	MAC & CHEESE ^ Romaine Lettuce Fresh Cucumber Slices Light Italian Dressing Fresh Apple Slices Choice of Milk	SPECIAL MEAL CHICKEN DRUMSTICK W POTATO ROUNDS Fiesta Beans Fruit Punch Juice Corn Muffin ^ BBQ Sauce Ketchup Choice of Milk	BEAN & CHEESE BURRITO ^ Salsa Cup Corn Mixed Fruit Cup Choice of Milk	SLOPPY JOE Wrapped Hamburger Bun ^ Mixed Vegetables Fresh Orange* Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	CHICKEN TENDERS WITH POTATO WEDGES ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	CHARBROILED HAMBURGER Wrapped Hamburger Bun ^ French Fries Pickle Chips Fresh Pear* Mustard Ketchup Choice of Milk	PIZZA DIPPERS ^ Marinara Dipping Sauce Tropical Veggie Juice Diced Peaches Choice of Milk	CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ Golden Potato Rounds Fresh Banana* BBQ Sauce Ketchup Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
CORN DOG ON A STICK^ Mixed Vegetables Grape Juice Mustard Ketchup Choice of Milk	TOASTY TUESDAY** 3 CHEESE PANINI ^ Tomato Soup^ Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Choice of Milk	BBQ CHICKEN Wrapped Hamburger Bun ^ Maple Baked Beans Fresh Orange* Choice of Milk	CHILI Corn Muffin ^ Corn Fresh Apple Slices Choice of Milk	

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	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
	String Cheese Breadstick (IW)^	Banana Muffin ^ Tropical Veggie Juice	Cherry Grain Bar ^ Fresh Apple*	Sunbutter Cup Whole Wheat Crackers ^
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
100% Grape Juice Lemon Mini Loaf	Multi Grain Sun Chips Tropical Veggie Juice	Cheddar Goldfish Crackers Mixed Fruit Cup	Vanilla Yogurt Fresh Apple*	Mozzarella String Cheese Saltine Crackers^ (3)
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	Cheddar Sun Chips ^ 100% Grape Juice	String Cheese Whole Wheat Crackers ^	Blueberry Muffin ^ 100% Blended Fruit Juice	Peach Mini Loaf ^ Tropical Veggie Juice
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
Cheddar Goldfish Crackers Mixed Fruit Cup	Cherry Mini Loaf ^ 100% Apple Juice	Strawberry Grain Bar ^ Wango Mango Juice	Mozzarella String Cheese Breadstick (IW)^	

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