

Breakfast Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Frosted Flakes Cereal Whole Grain Bites Apple Sauce Milk	3 Apple Chewie Bar Fruit Milk	4 Egg Sausage Burrito <i>*Contains Pork*</i> V: Bean & Cheese Burrito Fruit Milk
7 Apple Chewie Bar Fruit Cup Fruit Milk	8 Egg Sausage Burrito <i>*Contains Pork*</i> V: Bean & Cheese Burrito 100% Fruit Juice Fruit Milk	9 Coffee Cake Apple Sauce Fruit Milk	10 Apple Jacks Cereal Whole Grain Bites Fruit Milk	11 Mini Confetti Pancakes Fruit Milk
14 Yogurt Granola Dried Fruit Fruit Milk	15 Chicken & Waffle Syrup V: Waffles 100% Fruit Juice Fruit Milk	16 Blueberry Muffin Apple Sauce Fruit Milk	17 Fruit Loops Whole Grain Bites Fruit Milk	18 French Toast Fruit Milk
21	22 Bean & Cheese Burrito Hot Sauce 100% Fruit Juice Fruit Milk	23 Mango Bar Apple Wedges Fruit Milk	24 Frosted Flakes Cereal Whole Grain Bites Fruit Milk	25 Chicken Sausage Biscuit <i>*V: Cheesy Biscuit*</i> Syrup Fruit Milk
28 Apple Cinnamon Muffin Flat Fruit Milk	29 Breakfast Cheese Tamale 100% Fruit Juice Fruit Milk	30 Pan Dulce Apple Sauce Fruit Milk	31 Apple Jacks Cereal Whole Grain Bites Fruit Milk	1

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Lunch Specials

January 2019



Thursday
January 10

Country "Fried" Pork
Chop w/ Roasted
Potatoes & Dinner Roll

A lightly breaded pork chop topped with brown gravy, served with a side of roasted potatoes and a whole grain dinner roll.



Tuesday
January 15

Spicy Chicken Patty
Sandwich w/ Baked
Fries

A spicy twist on our traditional breaded chicken patty burger! Served with a oven baked french fries.



Monday
January 28

Mini Chicken Tacos
w/ Hot Sauce

Seasoned shredded chicken and nacho cheese sauce in a crunchy oven baked mini taco. Served with a side of hot sauce.



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Lunch Menu 9-12



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Turkey Ham & Cheese on Sandwich Pretzel Bread <i>Baby Carrot</i> 100% Fruit Juice & Fruit Fruit Milk	3 Chicken Patty Burger <i>Oven Baked Fries</i> Fruit Milk	4 Beef Nachos <i>Tortilla Chips</i> <i>Side Salad</i> 100% Fruit Juice & Fruit Fruit Milk
7 Chicken Alfredo Steamed Broccoli <i>Dinner Roll</i> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	8 BBQ Western Burger <i>Oven Baked Fries</i> <i>Cucumber Slices w/Tajin</i> Fruit Milk	9 Turkey Chili Corn Muffin <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	10 Beef Hot Dog <i>Oven Baked Fries</i> <i>Side Salad</i> <i>Orange Wedges</i> Milk	11 Spaghetti w/ Meat Sauce <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
14 Mac & Cheese <i>Baby Carrots</i> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	15 Chicken Patty Burger <i>Oven Baked Fries</i> <i>Jicama Sticks w/Tajin</i> Fruit Milk	16 Beef & Broccoli Not So Fried Rice <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	17 Beef Nacho Potato Burrito <i>Side Salad</i> <i>Jicama Sticks</i> <i>Premium Bulk Fruit</i> Milk	18 Chicken Nuggets <i>Cheesy Mashed Potatoes</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
21	22 Corn Dog <i>Oven Baked Fries</i> <i>Celery Sticks w/Ranch</i> Fruit Milk	23 Chicken Tamale Mixed Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	24 Hamburger <i>Side Salad</i> <i>Baby carrots</i> Fruit Milk	25 Baked Ziti w/ Meat Sauce <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
28 Chicken BRC Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	29 Cheeseburger <i>Oven Baked Fries</i> <i>Cucumber Slices w/tajin</i> Fruit Milk	30 Beef Nachos <i>Tortilla Chips</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	31 Breakfast for Lunch <i>Side Salad</i> Fruit Milk	1

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Lunch Vegetarian 9-12

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Vegetarian Double Cheese on Sandwich Pretzel Bread <i>Baby Carrot</i> 100% Fruit Juice & Fruit Fruit Milk	3 Vegetarian Burger <i>Oven Baked Fries</i> Fruit Milk	4 Bean & Cheese Nachos <i>Tortilla Chips</i> <i>Side Salad</i> 100% Fruit Juice & Fruit Fruit Milk
7 Penne Alfredo Steamed Broccoli <i>Dinner Roll</i> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	8 BBQ Western Veggie Burger <i>Oven Baked Fries</i> <i>Cucumber Slices w/Tajin</i> Fruit Milk	9 Bean Chili Corn Muffin <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	10 Plant-based Chicken Tenders <i>Oven Baked Fries</i> <i>Side Salad</i> <i>Orange Wedges</i> Milk	11 Cheesy Spaghetti w/ Marinara Sauce <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
14 Mac & Cheese <i>Side Salad</i> <i>Baby Carrots</i> 100% Fruit Juice Milk	15 Vegetarian Burger <i>Oven Baked Fries</i> <i>Jicama Sticks w/Tajin</i> Fruit Milk	16 Tofu & Broccoli Not So Fried Rice Sunflower Seeds <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	17 Bean & Cheese Burrito <i>Side Salad</i> <i>Jicama Sticks</i> <i>Premium Bulk Fruit</i> Milk	18 Plant-based Chicken Tenders <i>Cheesy Mashed Potatoes</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
21	22 Plant-based Chicken Tenders <i>Oven Baked Fries</i> <i>Celery Sticks w/Ranch</i> Fruit Milk	23 Cheese Tamale Mixed Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	24 Vegetarian Burger <i>Side Salad</i> <i>Baby Carrots</i> Fruit Milk	25 Cheesy Baked Ziti w/ Meat Sauce <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
28 Bean Cheese Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	29 Vegetarian Cheeseburger <i>Oven Baked Fries</i> <i>Cucumber Slices w/tajin</i> Fruit Milk	30 Bean & Cheese Nachos <i>Tortilla Chips</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	31 Vegetarian Breakfast for Lunch <i>Side Salad</i> Fruit Milk	1

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Lunch Sandwich 9-12



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Turkey Ham & Cheese on Sandwich Pretzel Bread Baby Carrots 100% Fruit Juice & Fruit Milk	3 Wowbutter Sandwich Side Salad Baby Carrots Fruit Milk	4 Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
7 Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	8 Ham & Cheese Sandwich Oven Baked Fries Fruit Cup & Fruit Milk	9 Turkey & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk	10 Turkey Ham & Cheese on Sandwich Pretzel Bread Baby Carrots Orange Wedges Milk	11 Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
14 Wowbutter Sandwich Side Salad Baby Carrots 100% Fruit Juice & Fruit Milk	15 Deli Chicken & Cheese Sandwich Oven Baked Fries Fruit Milk	16 Turkey & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk	17 new Club Sandwich <i>*Contains Pork*</i> Side Salad Premium Fruit Day & Fruit Milk	18 Turkey Ham & Cheese on Sandwich Pretzel Bread Baby Carrots 100% Fruit Juice & Fruit Milk
21	22 Turkey & Cheese Sandwich Oven Baked Fries Fruit Milk	23 Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	24 Ham & Cheese Sandwich Side Salad Fruit Milk	25 Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
28 Wowbutter Sandwich Side Salad Baby Carrots 100% Fruit Juice & Fruit Milk	29 Turkey Ham & Cheese on Sandwich Pretzel Bread Oven Baked Fries Fruit Milk	30 Turkey & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk	31 Deli Chicken & Cheese Sandwich Side Salad Fruit Milk	1

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Lunch Salad 9-12



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	8 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Milk	9 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk	10 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Orange Wedges & Fruit Milk	11 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
14 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	15 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Milk	16 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk	17 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Premium Fruit day & Fruit Milk	18 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
21	22 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Milk	23  Cobb Salad Popped Corn Chips Ranch Dressing Side Salad 100% Fruit Juice & Fruit Milk	24 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	25 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
28 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	29 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Milk	30 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk	31 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	1

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Supper Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) WG Cheez-its(1 G/B) Fruit (1/2 c)	3 WG Beef Nacho & Potato Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots w/ Tajin 100% Fruit Juice (1/2 c)	4 WG Hot Dog (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Fruit (1/2 c)
7 Mini Chicken Tacos Hot Sauce (2M/MA, 2 G) Fruitable Juice (1/2 c) Apple Sauce (1/2 c)	8 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) WG Cheez-its(1 G/B) Fruit (1/2 c)	9 Breakfast for Dinner: WG French Toast Sticks (1 G/B) Potato Tots (1/2 c) Sausage Patties (2 M/MA) Apple Slices (1/2 c)	10 Chicken BRC Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots w/ Tajin 100% Fruit Juice (1/2 c)	11 BBQ Pork Patty on French Roll (2 G/B, 2 M/MA) Fruitable Juice (1/2 c) Fruit (1/2 c)
14 Beef Nachos (2 M/MA, 1/2 c veg) Tortilla Chips (2 G/B) Apple Sauce (1/2 c)	15 Turkey Ham & Cheese Sandwich on WG Pretzel Roll (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c)	16 Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) Apple Slices (1/2 c)	17 WG Chili Dog (2 M/MA, 2 G/B, 1/2 c Veg) Fruit (1/2 c)	18 Cheeseburger (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) 100% Fruit Juice (1/2 c)
21	22 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) WG Cheez-its(1 G/B) Fruit (1/2 c)	23 Chicken Nuggets (2 M/MA) Mashed Potatoes (1/2 c veg) Apple Slices (1/2 c)	24 WG Green Cheese Enchiladas (2M/MA, 2 G/B, 1/2 c veg) 100% Fruit Juice (1/2 c)	25 Chicken Patty Burger (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) 100% Fruit Juice (1/2 c)
28 Country "Fried" Pork Chop w/ Gravy (2 M/MA, 0.5 G/B) Mashed Potatoes (1/2 c Veg) WG Corn Muffin (1 G/B) Apple Sauce (1/2 c)	29 Turkey & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/4 c)	30 Mini Chicken Tacos (2 M/MA, 2 G/B) Fruitable Juice (1/2 c) Apple Slices (1/2 c)	31 Chili Cheese Fries w/ Potato Wedges (2 M/MA, 2 G/B, 1/2 c veg) 100% Fruit Juice (1/2 c)	1

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Lunch includes one entrée, 1/2 C vegetable, 1/2 cup fruit serving, and fat free milk or 1% white milk.

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Snack Menu NSLP



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Baked Chips 100% Fruit Juice (6 oz)	3 Cheez-its Fruit (3/4 c)	4 Rice Krispies Treat 100% Fruit Juice (6 oz)
7 Cheez-its 100% Fruit Juice (6 oz)	8 Cinnamon Graham Crackers Fruit (3/4 c)	9 Baked Chips 100% fruit Juice (6 oz)	10 Mini Gripz Grahams Fruit (3/4 c)	11 Pretzels 100% Fruit Juice (6 oz)
14 Multi-Grain Bar 100% Fruit Juice (6 oz)	15 Mini Blueberry Muffin Fruit (3/4 c)	16 Chocolate Granola 100% Fruit Juice (6 oz)	17 Whole Grain Pop-Tart Fruit (3/4c)	18 Cereal Pouch 100% Fruit Juice (6 oz)
21	22 Chex Mix Fruit (3/4 c)	23 Pretzels 100% Fruit Juice (6 oz)	24 Baked Chips Fruit (3/4 c)	25 Animal Crackers 100% Fruit Juice (6oz)
28 Strawberry Graham Crackers 100% Fruit Juice (6 oz)	29 Rice Krispies Treat Fruit (3/4 c)	30 Multi-Grain Bar 100% Fruit Juice (6 oz)	31 Cinnamon Granola Fruit (3/4c)	1 Chex Mix 100% Fruit Juice (6oz)

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Snack includes 2 items: grain, fruit, protein or milk.

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Snack Menu CACFP



January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Baked Chips Fruit (1/2 c)	3 Cheez-its Fruit (3/4 c)	4 Pretzels 100% Fruit Juice (6 oz)
7 Cheez-its 100% Fruit Juice (6 oz)	8 Bug Bites Crackers Fruit (3/4 c)	9 Baked Chips Fruit (1/2 c)	10 Mini Gripz Grahams Fruit (3/4 c)	11 Pretzels 100% Fruit Juice (6 oz)
14 Chex Mix 100% Fruit Juice (6 oz)	15 Mini Blueberry Muffin Fruit (3/4 c)	16 Chocolate Granola Fruit (1/2 c)	17 Cheese Puffs Fruit (3/4c)	18 Animal Crackers 100% Fruit Juice (6 oz)
21	22 Chex Mix Fruit (3/4 c)	23 Pretzels Fruit (1/2 c)	24 Baked Chips Fruit (3/4 c)	25 Animal Crackers 100% Fruit Juice (6oz)
28 Mini Gripz Grahams 100% Fruit Juice (6 oz)	29 Cheez-its Fruit (3/4 c)	30 Cheese Puffs Fruit (1/2 c)	31 Cinnamon Granola Fruit (3/4c)	1

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Fieldtrip 9-12 Menu

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk	3	4
7	8	9 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk	10	11
14	15	16 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk	17	18
21	22	23 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk	24	25
28	29	30 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk	31	1

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