

# JANUARY BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NEW YEAR'S DAY! 1	HOLIDAY BREAK 2	HOLIDAY BREAK 3	HOLIDAY BREAK 4
7 • zac omega bar strawberry (DF) • corn chex w/ educational snack (VG)	8 • breakfast cinnamon crumble • blueberry burst bagel w/ cream cheese	9 • HOT french toast stick (VG) • banana muffin	10 • plain wheat bagel w/ cream cheese • cinnamon grahams w/ string cheese	11 • blueberry muffin • yogurt w/ educational snack
14 • dipper doodle bar (DF) • cinnamon chex w/ zac attack apple (DF)	15 • HOT pancake w/ syrup (VG) • lemon muffin	16 • blueberry burst bagel w/ cream cheese • breakfast cinnamon crumble	17 • multigrain cheerios w/cinnamon goldfish grahams (DF)(VG) • yogurt w/ granola	18 • blueberry muffin
21 Martin Luther King Jr. Day NO SCHOOL	22 • cinnamon chex w/ educational snacks (VG) • dipper doodle bar(DF)	23 • HOT cinnamon toast bagel (VG) • plain wheat bagel w/ cream cheese • banana muffin	24 • zac omega bar blackberry(DF) • mini french toast muffin w/ string cheese	25 • cinnamon raisin bagel (VG) • yogurt w/ educational snacks
28 • corn chex w/ cinnamon goldfish grahams (DF)(VG)	29 • plain wheat bagel w/ cream cheese • lemon muffin	30 • HOT french toast stick (VG) • breakfast cinnamon crumble	31 • blueberry burst bagel/cream cheese • yogurt w/ granola	

## 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!*

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

JANUARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NEW YEAR'S DAY! 1	HOLIDAY BREAK 2	HOLIDAY BREAK 3	HOLIDAY BREAK 4
7 <ul style="list-style-type: none"> <li>spicy chicken chorizo w/cheese eggwich</li> <li>chicken bite</li> <li>mighty meaty deli combo</li> <li>sunny sandwich kit</li> <li>glazed carrot</li> </ul>	8 <ul style="list-style-type: none"> <li>beef cheeseburger</li> <li>cheesy pizza bite meal(VG)</li> <li>chicken salad sandwich(DF)</li> <li>chopped lettuce &amp; sliced tomatoes w/ranch</li> </ul>	9 <ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ omelet (VG)</li> <li>buffalo chicken cruhnchadilla</li> <li>turkey and cheddar sandwich</li> <li>green beans</li> </ul>	10 <ul style="list-style-type: none"> <li>ranchero chicken corn queso rice bake</li> <li>cheese pizza (VG)</li> <li>ham &amp; cheese sandwich</li> <li>cheddar cheese sandwich</li> <li>corn</li> </ul>	1 <ul style="list-style-type: none"> <li>RF hot dog(DF)</li> <li>bean &amp; cheese burrito(VG)</li> <li>egg salad sandwich (VG)(DF)</li> <li>pinto beans/broccoli</li> </ul>
14 <ul style="list-style-type: none"> <li>chicken taco trio</li> <li>crispy chicken sandwich(DF)</li> <li>cheddar cheese sandwich</li> <li>green peas</li> </ul>	15 <ul style="list-style-type: none"> <li>RF hot dog(DF)</li> <li>philly "cheesesteak" calzoni (VG)</li> <li>sesame chicken salad</li> <li>egg salad sandwich</li> <li>coleslaw</li> </ul>	16 <ul style="list-style-type: none"> <li>kickin' chicken melt sandwich</li> <li>beef burger(DF)</li> <li>turkey and cheddar sandwich</li> <li>sunny sandwich kit</li> <li>Baby carrots w/ ranch</li> </ul>	17 <ul style="list-style-type: none"> <li>orange chicken(DF)</li> <li>scoop w/black beans &amp; green chile cheese dip(VG)</li> <li>sunny sandwich kit</li> <li>broccoli/carrots salad</li> </ul>	18 <ul style="list-style-type: none"> <li>cheese enchiladas(VG)</li> <li>creamy pasta alfredo(VG)</li> <li>bbq chicken wrap</li> <li>pinto beans</li> </ul>
21 <p>Martin Luther King Jr. Day No School</p>	22 <ul style="list-style-type: none"> <li>chicken bites</li> <li>turkey &amp; cheese flatbread (hot)</li> <li>egg salad sandwich</li> <li>green beans</li> </ul>	23 <ul style="list-style-type: none"> <li>beef cheeseburger</li> <li>cheese pizza</li> <li>chopped lettuce &amp; sliced tomatoes w/ranch</li> </ul>	24 <ul style="list-style-type: none"> <li>chicken gumbo w/corn bread</li> <li>breakfast for lunch: pancake w/ omelet(VG)</li> <li>turkey &amp; cheddar sandwich</li> <li>corn</li> </ul>	25 <ul style="list-style-type: none"> <li>jerk drumstick w/ pineapple carrot rice</li> <li>bean and cheese burrito (VG)</li> <li>chicken salad sandwich</li> <li>bbq chicken wrap</li> <li>island glazed carrots</li> </ul>
28 <ul style="list-style-type: none"> <li>RF hot dog(DF)</li> <li>beans &amp; cheese quesadilla (VG)</li> <li>garden ranch salad w/ chicken</li> <li>glazed carrots</li> </ul>	29 <ul style="list-style-type: none"> <li>crispy chicken sandwich(DF)</li> <li>general tso's chicken</li> <li>cheddar cheese sandwich (VG)</li> <li>corn</li> </ul>	30 <ul style="list-style-type: none"> <li>cheese enchiladas(VG)</li> <li>chicken sausage &amp; cheddar egg sandwich</li> <li>broccoli w/ranch</li> </ul>	31 <ul style="list-style-type: none"> <li>scoop w/ black beans &amp; gre</li> <li>pjack cheeseburger</li> <li>honey mustard chicken wrap</li> <li>sunny sandwich kit</li> <li>green beans</li> </ul>	

HAPPY NEW YEAR!

Resolutions with Revolution Foods...

**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