

January Citrus Free Breakfast Menu



Eagle Academy
Public Charter School
Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Assorted Cereal Yogurt Banana Skim or 1% Milk	3 Turkey Sausage on a Whole Wheat English Muffin Applesauce Skim or 1% Milk	4 Whole Grain Blueberry Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
7 Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	8 Scrambled Egg & Cheese on a Whole Grain Flatbread Fresh Apple Skim or 1% Milk	9 Assorted Cereal Yogurt Banana Skim or 1% Milk	10 Whole Grain Zucchini Bread Applesauce Skim or 1% Milk	11 Turkey Sausage Strata Fresh Honeydew Wedge Skim or 1% Milk
14 Whole Wheat English Muffin with Jelly Fresh Pear Skim or 1% Milk	15 Turkey Ham & Egg Bake Whole Wheat Roll Fresh Apple Skim or 1% Milk	16 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	17 Whole Grain Banana Bread Applesauce Skim or 1% Milk	18 Potato & Cheese Frittata Whole Wheat Biscuit Fresh Honeydew Wedge Skim or 1% Milk
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Assorted Cereal Yogurt Banana Skim or 1% Milk	24 Turkey Sausage on a Whole Wheat English Muffin Applesauce Skim or 1% Milk	25 Whole Grain Apple Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
28 Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	29 Potato & Cheese Frittata Whole Wheat Biscuit Fresh Apple Skim or 1% Milk	30 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	31 Whole Grain Banana Bread Applesauce Skim or 1% Milk	

Homemade, healthy food made with love.

January Citrus Free Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Grilled Cheese on Whole Wheat Bread Tomato Soup Steamed Broccoli Fresh Apple Milk Variety	3 Cajun Chicken Creole Louisiana Brown Rice Red Beans Mixed Greens Salad Fresh Banana Milk Variety	4 Baked Fish Sticks Whole Wheat Roll Steamed Sweet Peas Braised Cabbage Fresh Kiwi Milk Variety
7 Baked Mac & Cheese Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	8 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Variety	9 Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Variety	10 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Variety	11 All Beef Cheeseburger on a Whole Wheat Bun Steamed Green Beans Roasted Sweet Potatoes Fresh Kiwi Milk Variety
14 Veggie Burger on a Whole Wheat Bun Roasted Brussel Sprouts Oven Roasted Potatoes Fresh Honeydew Wedge Milk Variety	15 Beef & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Variety	16 Chicken & Marinara Sauce over Pasta Mixed Greens Salad w/ Tomatoes Sautéed Zucchini Fresh Apple Milk Variety	17 Curried Chicken Brown Rice Whole Wheat Roll Steamed Carrots Roasted Chickpeas Fresh Banana Milk Variety	18 Chicken Caesar Salad over Mixed Greens with Tomatoes Whole Wheat Roll Fresh Kiwi Milk Variety
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Broccoli Roasted Sweet Potatoes Fresh Apple Milk Variety	24 BBQ Chicken Whole Grain Cheddar Polenta Baked Beans Steamed Carrots Fresh Banana Milk Variety	25 Baked Fish Sticks Brown Rice Whole Wheat Roll Steamed Sweet Peas Braised Cabbage Fresh Kiwi Milk Variety
28 Curried Garbanzo Beans Brown Rice Sautéed Green Beans Roasted Eggplant Fresh Honeydew Wedge Milk Variety	29 Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Variety	30 Whole Grain Biscuit Turkey Sausage & Scrambled Eggs Roasted Breakfast Potatoes Creamed Spinach Fresh Apple Milk Variety	31 Oven Roasted Turkey Whole Wheat Roll Mashed Sweet Potatoes Steamed Sweet Peas Fresh Banana Milk Variety	

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January Citrus Free Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No School	2 Hard-Boiled Egg & Turkey Ham Whole Wheat Roll Mixed Greens Salad w/ Cucumbers Fresh Pear Milk Variety	3 Chicken Nuggets Whole Wheat Roll Sautéed Green Beans Applesauce Milk Variety	4 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Corn Fresh Banana Milk Variety
7 Caesar Salad w/ Mozzarella over Mixed Greens Whole Grain Flatbread Apple Juice Milk Variety	8 Turkey Ham & Cheese Sandwich on Whole Wheat Bread Three Bean Salad Fresh Honeydew Wedge Milk Variety	9 Lemon Pepper Chicken Brown Rice Steamed Corn Fresh Pear Milk Variety	10 Tuna Salad Whole Wheat Crackers Sliced Cucumbers Applesauce Milk Variety	11 Baked Chicken Alfredo over Whole Wheat Pasta Fired Roasted Tomatoes Fresh Banana Milk Variety
14 Chef Salad w/ Turkey & Cheddar Whole Wheat Roll Whole Grain Flatbread Apple Juice Milk Variety	15 BBQ Chicken on a Whole Wheat Bun Steamed Broccoli Fresh Honeydew Wedge Milk Variety	16 Roasted Chicken Drumstick Whole Grain Cornbread Dressing Roasted Cauliflower Fresh Pear Milk Variety	17 Salisbury Steak Whole Wheat Roll Mashed Potatoes Applesauce Milk Variety	18 Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
21 Martin Luther King Jr. Day No School	22 Professional Development Day No School	23 Sunbutter Cup Whole Wheat Crackers Zucchini Sticks Fresh Pear Milk Variety	24 Chicken Nuggets Whole Wheat Roll Roasted Potatoes Applesauce Milk Variety	25 Tuna Salad on a Whole Wheat Bun Mixed Greens Salad Fresh Banana Milk Variety
28 Hard-Boiled Egg & Turkey Ham Whole Wheat Roll Mixed Greens Salad w/ Cucumbers Apple Juice Milk Variety	29 Baked Pasta with Mozzarella over Whole Wheat Rotini Roasted Eggplant Fresh Honeydew Wedge Milk Variety	30 Jerk Chicken Brown Rice Sweet Plantains Fresh Pear Milk Variety	31 Hummus Whole Grain Flatbread Sliced Cucumbers Applesauce Milk Variety	

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