

Lunch

JANUARY 2025

MON TUE WED THU FRI

		<p>1 Meatballs w/ Tomato Sauce Spaghetti & Broccoli</p> <p>or</p> <p>Thai Noodle Bowl</p> <p>Fresh Garden Side Salad</p> <p>Italian Dressing</p> <p>Fresh Apple</p>	<p>2 Cheesy Crispy Chicken Biscuit Sandwich, Roasted Sweet Potatoes</p> <p>or</p> <p>Cobb Salad</p> <p>Pita Bread</p> <p>Ranch Dressing</p> <p>Fresh Banana</p> <p>Milk</p>	<p>3 Cheese Pizzav</p> <p>Fresh Garden Side Salad</p> <p>Or</p> <p>Turkey & Cheese Sandwich</p> <p>Fresh Baby Carrots</p> <p>Ranch Dressing</p> <p>Raisins</p>
<p>6 Chicken Nuggets</p> <p>Baked Beans</p> <p>or</p> <p>Falafel Bites w/ Quinoa Pilaf & Black Beans and Tomatoes</p> <p>Fresh Orange</p> <p>Milk</p>	<p>7 Macaroni & Cheese & Steamed Broccoli</p> <p>or</p> <p>Meatballs w/ Tomato Sauce & Steamed Broccoli/WG Club Roll</p> <p>Fresh Pear</p> <p>Milk</p>	<p>8 French Toast w/ Scrambled Eggs, Syrup, Roasted Sweet Potatoes</p> <p>or</p> <p>Breaded Chicken Cutlet on WW Bun</p> <p>Fresh Apple</p> <p>Milk</p>	<p>9 Adobo Chicken w/ Cilantro Brown Rice</p> <p>or</p> <p>Bean & Cheese Burrito</p> <p>Street Corn</p> <p>Fresh Banana</p> <p>Milk</p>	<p>10 French Bread Cheese Pizza</p> <p>Or</p> <p>Egg Salad Flatbread Sandwich</p> <p>Fresh Celery Sticks</p> <p>Ranch Dressing</p> <p>Applesauce</p> <p>Milk</p>
<p>13 Cheese Quesadilla, Sour Cream Street Corn</p> <p>or</p> <p>Meatloaf w/ Gravy & Mashed Potatoes</p> <p>Fresh Orange</p>	<p>14 BBQ Chicken w/ Brown Rice Pilaf & Baked Beans</p> <p>or</p> <p>Spanish Rice w/ Cheese & Beans</p> <p>Fresh Pear</p>	<p>15 Buffalo Chicken Melt Flatbread</p> <p>Fresh Celery Sticks</p> <p>or</p> <p>Cheese Ravioli w/ Tomato Sauce & Steamed Green Beans</p> <p>Fresh Apple</p>	<p>16 Stuffed Bread Sticks</p> <p>Marinara Sauce</p> <p>100% Sun Splash Vegetable Juice</p> <p>or</p> <p>Turkey Fajita w/ Brown Rice Pilaf & Steamed Carrots</p> <p>Fresh Banana</p>	<p>17 Cheese Pizzav</p> <p>Fresh Garden Salad/Ranch Dressing</p> <p>or</p> <p>Southwest Chicken Salad</p> <p>Pita Bread/Ranch Dressing</p> <p>Raisins</p>
<p>20 Meatballs w/ BBQ Sauce & Steamed Broccoli</p> <p>or</p> <p>Pasta w/ Tomato Sauce & Cheese Broccoli</p> <p>Club Roll</p> <p>Fresh Orange</p>	<p>21 Breaded Chicken Tenders & Roasted Potatoes</p> <p>or</p> <p>Pasta Alfredo & Steamed Green Peas</p> <p>Whole Grain Bread</p> <p>Fresh Pear</p>	<p>22 Turkey Hot Dog with Baked Beans</p> <p>or</p> <p>Spanish Rice w/ Cheese & Beans</p> <p>Fresh Apple</p>	<p>23 Cheese Lasagna w/ Tomato Sauce & Steamed Green Beans</p> <p>or</p> <p>Chicken Caesar Salad</p> <p>Ranch Dressing</p> <p>Pita Bread</p> <p>Fresh Banana</p>	<p>24 White Cheese Pizza Foldover</p> <p>or</p> <p>Chicken Breast Sandwich on WW Bread</p> <p>Fresh Baby Carrots w/ Ranch Dressing</p> <p>Raisins</p>
<p>27 Cheeseburger on WW Bun</p> <p>or</p> <p>Egg & Cheese English Muffin Sandwich</p> <p>Roasted Potatoes</p> <p>Fresh Orange</p> <p>Milk</p>	<p>28 Jerk Chicken w/ Brown Rice Pilaf & Black Beans</p> <p>or</p> <p>Veggie Burger on WW Bun</p> <p>Fresh Pear</p> <p>Milk</p>	<p>29 Meatballs w/ Tomato Sauce Spaghetti & Broccoli</p> <p>or</p> <p>Thai Noodle Bowl</p> <p>Fresh Garden Side Salad</p> <p>Italian Dressing</p> <p>Fresh Apple</p>	<p>30 Cheesy Crispy Chicken Biscuit Sandwich, Roasted Sweet Potatoes</p> <p>or</p> <p>Cobb Salad</p> <p>Pita Bread</p> <p>Ranch Dressing</p> <p>Fresh Banana</p> <p>Milk</p>	<p>31 Cheese Pizzav</p> <p>Fresh Garden Side Salad</p> <p>Or</p> <p>Turkey & Cheese Sandwich</p> <p>Fresh Baby Carrots</p> <p>Ranch Dressing</p> <p>Raisins</p> <p>Milk</p>



Breakfast

JANUARY 2025

MON	TUE	WED	THU	FRI
<p>Cinnamon Bar Grab & Go Milk</p>	<p>Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go</p> <p>Hot Breakfast</p> <p>Breakfast Pizza 100% Apple Juice Pineapple Tibits Milk</p>	<p>1 TrixCereal Grab & Go</p> <p>Hot Breakfast</p> <p>Cinnamon Bun 100% Grape Juice Diced Peaches Milk</p>	<p>2 WG Plain Bagel Grab & Go</p> <p>Hot Breakfast</p> <p>WG Waffles 100% Orange Tangerine Juice Applesauce Milk</p>	<p>3 WG Blueberry Muffin Grab & Go Milk</p>
<p>6 Banana Muffin Grab & Go Milk</p>	<p>7 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go</p> <p>Hot Breakfast</p> <p>Apple Frudel 100% Apple Juice Pineapple Tibits Milk</p>	<p>8 WG Frosted Corn Flakes Grab & Go</p> <p>Hot Breakfast</p> <p>Honey Cinnamon Butter Biscuit 100% Grape Juice Diced Peaches Milk</p>	<p>9 Reduced Sugar Cinnamon Toast Crunch Grab & Go</p> <p>Hot Breakfast</p> <p>WG Mini Maple Pancakes 100% Orange Tangerine Juice Applesauce Milk</p>	<p>10 Cinnamon Crisp Bar Grab & Go Milk</p>
<p>13 Cocoa Cherry Bar Grab & Go Milk</p>	<p>14 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go</p> <p>Hot Breakfast</p> <p>Cinnamon Bun 100% Apple Juice Pineapple Tibits Milk</p>	<p>15 Honey Cheerios Grab & Go</p> <p>Hot Breakfast</p> <p>Dutch Waffle 100% Grape Juice Diced Peaches Milk</p>	<p>16 WG Plain Bagel Grab & Go</p> <p>Hot Breakfast</p> <p>Mini Sausage & Cheese Flatbread 100% Orange Tangerine Juice Applesauce Milk</p>	<p>17 Apple Cinnamon Cheerios Grab & Go Milk</p>
<p>20 Multi-Grain Cheerios Grab & Go Milk</p>	<p>21 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go</p> <p>Hot Breakfast</p> <p>Cheesy Biscuit 100% Apple Juice Pineapple Tibits Milk</p>	<p>22 WG Cinnamon Raisin Bagel Grab & Go</p> <p>Hot Breakfast</p> <p>Apple Fruedel 100% Grape Juice Diced Peaches Milk</p>	<p>23 WG Honey Cheerios Grab & Go</p> <p>Hot Breakfast</p> <p>WG French Toast 100% Orange Tangerine Juice Applesauce Milk</p>	<p>24 Cocoa Cherry Bar Grab & Go Milk</p>
<p>27 Cinnamon Bar Grab & Go Milk</p>	<p>28 Strawberry Yogurt WG Chocolate Graham Crackers Grab & Go</p> <p>Hot Breakfast</p> <p>Breakfast Pizza 100% Apple Juice Pineapple Tibits Milk</p>	<p>29 TrixCereal Grab & Go</p> <p>Hot Breakfast</p> <p>Cinnamon Bun 100% Grape Juice Diced Peaches Milk</p>	<p>30 WG Plain Bagel Grab & Go</p> <p>Hot Breakfast</p> <p>WG Waffles 100% Orange Tangerine Juice Applesauce Milk</p>	<p>31 WG Blueberry Muffin Grab & Go Milk</p>



Lunch Milk Choices

1% Milk and Skim Milk

Please Note

If you have a food allergy please speak to your school nurse Menu is subject to change. Vegetarian Options are indicated with a "V"



Snack

JANUARY 2025

MON	TUE	WED	THU	FRI
Honey Roasted Sunflower Seeds 100% Fruit Punch Juice	WG Cheez-Its Fresh Baby Carrots w/Ranch Dressing	1 WG Sunchips 100% Orange Tangerine Juice	2 Cheese Stick Fresh Apple	3 WG Honey Graham Crackers 100% Orange Tangerine Juice
6 WG Pretzels Cheese Stick	7 WG Honey Graham Crackers 100% Fruit Punch Juice	8 WG Blueberry Muffin Cheese Stick	9 WG Cheez-Its 100% Fruit Punch Juice	10 WG Tostitos 100% Apple Juice
13 WG Cheez-Its 100% Fruit Punch Juice	14 RF Cool Ranch Doritos 100% Orange Tangerine Juice	15 WG Honey Graham Crackers 100% Apple Juice	16 WG Apple Cinnamon Muffin Cheese Stick	17 WG Pretzels 100% Orange Tangerine Juice
20 WG Banana Muffin 100% Orange Tangerine Juice	21 WG Baked Cheetos 100% Fruit Punch Juice	22 Strawberry Banana Yogurt WG Honey Graham Crackers	23 WG Pretzels Cheese Stick	24 WG Corn Muffin 100% Orange Tangerine Juice
27 Honey Roasted Sunflower Seeds 100% Fruit Punch Juice	28 WG Cheez-Its Fresh Baby Carrots w/Ranch Dressing	29 WG Sunchips 100% Orange Tangerine Juice	30 Cheese Stick Fresh Apple	31 WG Honey Graham Crackers 100% Orange Tangerine Juice



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