

JANUARY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
SCHOOL CLOSED	Cinnamon Chex Cereal Pineapple Tidbits Strawberry Juice Wiggles (DAR) Milk	Banana Muffins w/ Cheese Gala Apples 100% Fruit Juice (DAR) Milk	Whole Grain Pop Tarts w/ Cheese Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Fruit Loops Cereal Banana 100% Fruit Juice (DAR) Milk
12	13	14	15	16
Double Chocolate Muffins w/ Cheese Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Coco Puffs Cereal Banana Orange Juice Wiggles (DAR) Milk	Oatmeal & Nutri Grain Breakfast Bars Diced Pears 100% Fruit Juice (DAR) Milk	Lucky Charms Cereal Apple Sauce Strawberry Juice Wiggles (DAR) Milk	Granola Bars w/ String Cheese Gala Apples 100% Fruit Juice (DAR) Milk
19	20	21	22	23
Fruit Loops Cereal Pineapple Tidbits Orange Juice Wiggles (DAR) Milk	Trix Cereal Bars w/ Cheese Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Blueberry Muffins w/ Cheese Granny Smith Apples 100% Fruit Juice (DAR) Milk	Honey Cheerios Cereal Banana Strawberry Juice Wiggles (DAR) Milk	Whole Grain Pop Tarts w/ Cheese Peach Cups 100% Fruit Juice (DAR) Milk
26	27	28	29	30
Double Chocolate Muffins w/ Cheese Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Cinnamon Chex Cereal Banana Orange Juice Wiggles (DAR) Milk	Oatmeal & Nutri Grain Breakfast Bars Diced Pears 100% Fruit Juice (DAR) Milk	Coco Puffs Cereal Peach Cups Strawberry Juice Wiggles (DAR) Milk	Granola Bars w/ String Cheese Gala Apples 100% Fruit Juice (DAR) Milk

MENU NOTIFICATIONS

(VEG)- Vegetarian Meal
(DAR)- Dairy used in Meal
(LS) - Locally Sourced Options
(W/W) - Whole Wheat
NUTS - Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute
PORK - Pork is never served



Substitutions - Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without

JANUARY LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
SCHOOL CLOSED	TSG The Chick Sandwich Whole Grain Bun Roasted Corn Mixed Fruit Cups (DAR) Milk	TSG Beef Jumbo Dogs Whole Wheat Buns Baby Carrots + Ranch Banana (DAR) Milk	Jerk Chicken Legs Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Garlic Olive Pasta + Beef Meatball (New) Whole Wheat Spaghetti Sautéed Broccoli Washington Apples (DAR) Milk
12	13	14	15	16
Teriyaki BBQ Meatball Sub (New) Whole Grain Hoagie Sweet Potato Fries Golden Apples (DAR) Milk	Shoyu Chicken Ramen Delight Whole Grain Ramen Noodles Snap Peas + Veggie Blend Pineapple Tidbits (DAR) Milk	BBQ Chicken Legs Wheat Rolls Black Beans Peach Cups (DAR) Milk	Chicken Tikka Masala (New) Brown Rice + Garlic Naan Roasted Potatoes Banana (DAR) Milk	TSG Beef Jumbo Dogs Whole Wheat Buns Roasted Broccoli Mixed Fruit Cups (DAR) Milk
19	20	21	22	23
Honey Turkey Burger (New) Whole Grain Bun Green Beans Apple Sauce (DAR) Milk	Beef & Cheese Burrito Whole Grain Wraps Seasoned Carrots Banana (DAR) Milk	Honey Garlic Chicken Legs Brown Rice Pinto Beans Diced Pears (DAR) Milk	Orange Chicken (New) Whole Grain Chow Mein Noodles Sautéed Broccoli Mandarin Cups (DAR) Milk	Chicken Nachos w/ Cheese Whole Grain Tortilla Chips Mexican Street Corn Washington Apples (DAR) Milk
26	27	28	29	30
TSG Chicken Parm Sandwich (New) Whole Grain Bun Baby Carrots + Ranch Granny Smith Apples (DAR) Milk	Shoyu Turkey Meatball Ramen Whole Grain Ramen Noodles Bean Sprouts + Onions Mixed Fruit Cups (DAR) Milk	Lemon Pepper Chicken Legs Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Garlic Olive Pasta + Beef Meatball (New) Whole Wheat Spaghetti Green Peas Banana (DAR) Milk	Krispy Chicken & Waffles Whole Grain Waffles Sautéed Broccoli Pineapple Tidbits (DAR) Milk

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VEGETARIANS



Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
SCHOOL CLOSED	TSG The Veggie Chicken Sandwich Whole Grain Bun Roasted Corn Mixed Fruit Cups (DAR) Milk	TSG Beyond Beef Dogs Whole Wheat Buns Baby Carrots + Ranch Banana (DAR) Milk	Jerk Veggie Chicken Breast Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Garlic Olive Pasta + Meatless Meatball (New) Whole Wheat Spaghetti Sautéed Broccoli Washington Apples (DAR) Milk
12	13	14	15	16
Teriyaki BBQ Meatless Meatball Sub (New) Whole Grain Hoagie Sweet Potato Fries Golden Apples (DAR) Milk	Shoyu Veggie Chicken Ramen Delight Whole Grain Ramen Noodles Snap Peas + Veggie Blend Pineapple Tidbits (DAR) Milk	BBQ Veggie Chicken Breast Wheat Rolls Black Beans Peach Cups (DAR) Milk	Veggie Chicken Tikka Masala (New) Brown Rice + Garlic Naan Roasted Potatoes Banana (DAR) Milk	TSG Beyond Beef Dogs Whole Wheat Buns Roasted Broccoli Mixed Fruit Cups (DAR) Milk
19	20	21	22	23
Honey Veggie Burger (New) Whole Grain Bun Green Beans Apple Sauce (DAR) Milk	Bean & Cheese Burrito Whole Grain Wraps Seasoned Carrots Banana (DAR) Milk	Honey Garlic Veggie Chicken Breast Brown Rice Pinto Beans Diced Pears (DAR) Milk	Orange Veggie Chicken Breast (New) Whole Grain Chow Mein Noodles Sautéed Broccoli Mandarin Cups (DAR) Milk	Veggie Crumble Nachos w/ Cheese Whole Grain Tortilla Chips Mexican Street Corn Washington Apples (DAR) Milk
26	27	28	29	30
TSG Veggie Chicken Parm Sandwich (New) Whole Grain Bun Baby Carrots + Ranch Granny Smith Apples (DAR) Milk	Shoyu Meatless Meatball Ramen Whole Grain Ramen Noodles Bean Sprouts + Onions Mixed Fruit Cups (DAR) Milk	Lemon Pepper Veggie Chicken Breast Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Garlic Olive Pasta + Meatless Meatball (New) Whole Wheat Spaghetti Green Peas Banana (DAR) Milk	Veggie Chicken Breast & Waffles Whole Grain Waffles Sautéed Broccoli Pineapple Tidbits (DAR) Milk

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