

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>MENU IS SUBJECT TO CHANGE</i></p> <p><i>BREAKFAST IS SERVED WITH JUICE AND MILK</i></p> <p><i>LUNCH IS SERVED WITH MILK</i></p>		1	2	3	4	5
		<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	WG Cereal/WG Toast Fruit  Italian Chicken Sandwich Green Beans Baby Carrots Applesauce	WG Mini Donuts Fruit  WG Cheese Pizza Fresh Broccoli Garden Salad Banana	
6	7	8	9	10	11	12
	WG Cereal/WG Toast Fruit  WG Chicken Parmesan Garden Salad Baby Carrots Diced Pears	WG Pancake Wrap Fruit  WG Walking Taco Diced Tomatoes Dark Green Leaf Lettuce Refried Beans Mandarin Oranges	WG Muffin/Yogurt Fruit  Cheese Omelet Seasoned Potatoes Sugar Snap Peas WG Muffin Orange Juice	WG French Toast Sticks Fruit  Mandarin Orange Chicken Brown Rice Asian Stir Fry Vegetables Pineapple	WG Mini Cinni Fruit  Hot Dog/WG Bun WG Onion Rings Green Beans Apple Slices	
13	14	15	16	17	18	19
	WG Cereal/WG Toast Fruit  Pulled Pork Sandwich/WG Bun Baked Beans Baby Carrots Diced Peaches	WG Cereal/WG Toast Fruit  WG Chicken Quesadilla Tossed Salad Red & Green Pepper Strips Fruit Choice	NutriGrain Bar Yogurt/Fruit  WG Popcorn Chicken Celery Sticks Seasoned Wedges Mixed Fruit	WG Breakfast Wrap Fruit  WG Grilled Cheese Sandwich Tomato Soup Baby Carrots Applesauce	WG Bagel w/Cream Cheese Fruit  WG Cheese Sticks Marinara Sauce Tossed Salad Fresh Broccoli Fresh Fruit Choice	
20	21	22	23	24	25	26
	<b>NO SCHOOL</b>	WG Breakfast Pizza Fruit  Beef & Bean Burrito Tomato Salsa Refried Beans Tex Mex Salad Diced Pears	WG Cinnamon Toast Yogurt/Fruit  Santa Fe Wrap Mixed Greens Salad Baby Carrots Pineapple	WG French Toast Sticks Fruit  Chili WG Corn Bread Muffin Celery Sticks Apple Slices	WG Muffin/String Cheese Fruit  Ham & Cheese Sub WG Sun Chips Baby Carrots Tossed Salad Fresh Fruit Choice	
27	28	29	30	31		
	WG Cereal/WG Toast Fruit  Hamburger/WG Bun Baked Beans French Fries Mandarin Oranges	Cheese Omelet Fruit  Taco Salad WG Tortilla Chips Diced Tomatoes Dark Green Leaf Lettuce Diced Peaches	WG Granola Bar Yogurt/Fruit  WG Macaroni & Cheese Seasoned Peas Baby Carrots Applesauce	Egg, Sausage, & Cheese Bar/WG Toast Fruit  Beef Fingers Mashed Potatoes Fresh Broccoli Fruit Choice		
						<p><b>**This Institution is an Equal Opportunity Provider**</b></p>

**Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich**