

ELEMENTARY/MIDDLE WEEKLY MENU



JANUARY	BREAKFAST	LUNCH	SNACK
MONDAY 3	Pancake (syrup), Fresh Slice Apples, Milk.	Black beans & White Rice Fish nuggets, Fruit Cocktail, Milk.	Wheat Twins Crackers, Assorted Juice.
TUESDAY 4	Cheerios Cereal (GF), Fruit Cocktail, Milk.	Spaghetti with Ham (Sauce & Cheese), Garlic Bread, Juice.	Assorted Yogurt, Goldfish Crackers.
WEDNESDAY 5	Biscuit (Butter), Fresh Sliced Orange, Milk.	Pork Picadillo, Brown Rice, Sweet plantains, Popsicles.	Animal Crackers, Orange Sections (cup). Milk.
THURSDAY 6	Egg Patty, Whole Wheat Toast Diced Peach, Milk.	Subway Meatball Sandwich, Potatoes Chips, Assorted Cookies, Assorted Soda.	Stick Strings, Saltine Crackers.
FRIDAY 7	Chex Simply Cereal, Banana, Milk.	Chicken Patty on a Bun, Lettuce & Tomatoes, Tater Tots, Milk.	Assorted Mini muffins ‘ Orange Jell-O.

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MONDAY 10	French Toast Sticks (Syrup) Diced Peach, Milk.	Brown Rice, Black Beans, Chicken Nuggets, Diced Pears, Milk.	Rice Krispies (Individual), Assorted Juice.
TUESDAY 11	Cheese Quesadilla, Pear, Milk.	Macaroni with Meatballs, (Cheese), Green Beans, Garlic Bread, Fruit Cocktail, Milk.	Ritz Crackers, Fruit Sorbet.
WEDNESDAY 12	Assorted Mini Muffins, Fruit Cocktail (cup), Milk.	“Moro” Rice (Red Beans), Breaded Fish Sticks, Apple Sauce, Milk.	Cheese Crackers, Milk.
THURSDAY 13	Corn Flakes Cereal, Orange Sections, Milk.	Rice with Baked Chicken, Veggie Chips, Assorted Juice.	Cheese Slices, Soft Tortilla.
FRIDAY 14	Raising Mini Bagel, (Cream Cheese) Pear, Milk.	Beef Patty on a Bun, Lettuce & Tomatoes, Baked French Fries, Chocolate Milk.	Goldfish Crackers, Assorted Yogurt.

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MONDAY 17	Kaiser Roll (Butter), Apricot Halves, Milk.	Split Peas, Brown Rice, Ground Beef, Sliced Pears, Milk.	Ritz Crackers, Milk.
TUESDAY 18	Sliced Bread Toast (Butter) Fresh Pears, Milk.	Hot Dog on a Bun, Baked French Fries, Tropical Fruit Salad, Soda.	Assorted Cookies, Apple Sauce (Individual Cups).
WEDNESDAY 19	Mini Pancakes (Syrup) Banana, Milk.	Fish Patty on a Bun, Tomatoes, Baked Sweet Potatoes, Orange Juice.	Cheese Crackers, (Individual Bags), Assorted Juice.
THURSDAY 20	Cheese Omelet, Bread, Diced Peaches, Milk.	"Congris" (Black Beans), Chicken Tenders, Diced Peach, Milk.	Animal Crackers, Vanilla Pudding, (Sugar Free)
FRIDAY 21	Assorted Mini Muffin, Sliced Apples, Milk.	Beef Tacos, Soft Tortilla, Lettuce & Diced Tomatoes, Mozarella Cheese, Sliced Apples, Assorted Juice.	Fresh Sliced Apples, Veggie Strings.

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MONDAY 24	Waffles (Syrup), Mix Fruit Cocktail (cup), Milk.	Black Beans, Brown Rice, Diced Chicken, Pineapple Tidbits, Milk.	Cheese Stick Strings, Wheat Crackers.
TUESDAY 25	Cinnamon Raising Bagel, (Cream Cheese), Fresh Sliced Apples, Milk.	Brown Rice with Ham and Corn, Baked Chips, Assorted Juice.	Assorted Mini Muffins, Milk.
WEDNESDAY 26	French Toast Sticks, (Syrup), Diced Peach, Milk.	Macaroni (Sauce and Cheese), Chicken Tenders, Sliced Pears, Milk.	Rice Krispies Treats, Assorted Jell-O.
THURSDAY 27	Corn Flakes Cereal, Mix Fruit Cocktail Milk.	Turkey "Picadillo" Brown Rice, Sweet Plantains Diced Peach, Assorted Icecream	Goldfish Crackers, Apple Sauce.
FRIDAY 28	Keiser Roll (Butter), Banana, Milk.	Chicken Patty on a Bun, Lettuce & Tomatoes, Assorted Chips, Fruit Cocktail, Soda	Assorted Pop Tarts, Juice.