

PRESCHOOL/ELEMENTARY/MIDDLE MENU



| January | BREAKFAST | LUNCH | SNACK |
|------------------------------|---|--|--------------------------------------|
| MONDAY 6 | Fresh Simply Cereal Fresh Apples Milk | Black Beans/ Brown Rice Fish Sticks Assorted Vegetable Assorted Fruit Milk | Assorted Crackers Varied Juice |
| TUESDAY 7 | Raising Mini Bagel Cream Cheese Milk | Chicken Patty on a Bun Lettuce & Tomatoes Tater Tots or Baked Sweet Potatoes, Apple sauce (Cup) Brown Rice for toddlers | Goldfish crackers Yogurt Assorted |
| WEDNESDAY 8 | Egg Patty/ Toast Bread Milk | Split Peas/ Garbanzo Beans Brown Rice Meatballs, Assorted Fruit (Banana), Milk | Assorted Mini Muffins Milk |
| THURSDAY 9 | Waffles (Syrup) Natural Orange Natural Mandarin Milk | Ground Pork Brown Rice Ripe Sweet Plantains Milk | Chips Assorted Jell-O |
| FRIDAY 10 | French Toast Sticks Milk | Spaghetti with Sliced Ham (Sauce & Cheese) Garlic Bread Milk | Crackers Cheez It Original Milk |

PRESCHOOL/ELEMENTARY/MIDDLE MENU



| January | BREAKFAST | LUNCH | SNACK |
|-------------------------------|--|---|---|
| MONDAY 13 | Corn Flakes Cereal Natural Orange or Mandarin Milk | Brown Rice, Lentils, Chicken Nuggets Assorted Vegetable Milk | Lady Finger Cookies Fruit Sorbet |
| TUESDAY 14 | Waffles (Syrup) Milk | Ground Turkey Brown Rice Apple Sauce (Cup) Assorted Fruits Milk | Ritz Crackers Vanilla Pudding |
| WEDNESDAY 15 | Pancake (Syrup) Milk | Black or Red Beans Brown Rice Bread Fish Sticks Varied Fruit Milk | Bunny Graham Crackers Organic Friends Milk |
| THURSDAY 16 | Kaiser Roll (Butter) Milk | Brown Rice, Baked Chicken or Diced Chicken Varied Vegetables Milk | Assorted Mini Muffins Orange Jell-O |
| FRIDAY 17 | Rice Cereal Banana Milk | Macaroni with Meat (Sauce & Cheese) Garlic Bread Milk | Cheese Stick Strings Saltines Crackers Milk |

PRESCHOOL/ELEMENTARY/MIDDLE MENU



| January | BREAKFAST | LUNCH | SNACK |
|-------------------------------|--|--|---|
| MONDAY 20 | Cheerios Cereal Pears/ Kimi Natural Milk | Brown Rice Black Beans Chicken Tender Green Beans & Zanaoria Milk | Gold Crackers Pudding (Sugar Free) |
| TUESDAY 21 | Cheese Omelett Toast Bread Milk | Beef Tacos, Soft Tortilla or Crunch Tacos Lettuce & Tomatoes (Cheddar Cheese) Apples Sauce (Cup) & Milk Brown Rice For Toddlers | Assorted Mini Muffins Milk |
| WEDNESDAY 22 | Kaiser Roll (Butter) Milk | Fish Stick Rice Brown Lentils or Garbanzo Beans Varied Fruit Milk | Assorted Crackers Juice |
| THURSDAY 23 | Raising Mini Bagel (Cream Cheese) Milk | Spaghetti with Meatballs (Sauce & Cheese) Garlic Bread Milk | Crackers Vainilla Fruit Sorbet |
| FRIDAY 24 | Pancake (Syrup) Milk | Brown Rice Red Beans Chicken Nuggets Varied Fruit (Banana) Milk | Cheese Stick Strings Rita Crackers Milk |

PRESCHOOL/ELEMENTARY/MIDDLE MENU



| January | BREAKFAST | LUNCH | | SNACK |
|-------------------------------|--|---|---|---|
| MONDAY 27 | Chex Simply Cereal Varied Fruit (Strawberry or Mandarin) | Brown Rice Black Beans Chicken Patty Assorted Vegetables Milk | | Gold Crackers Pudding (Sugar Free) |
| TUESDAY 28 | Link Sausage Bread Toast Milk | Ground Beef Brown Rice Ripe Sweet Plantains Milk | | Assorted Mini Muffins Milk |
| WEDNESDAY 29 | French Toast (Syrup) Milk | Fish Stick Brown Rice Split Beans Assorted Fruit (Banana) Milk | | Assorted Crackers Juice |
| THURSDAY 30 | Kaiser Roll (Butter) Milk | Ground Pork Rice Brown Apple Sauce (Cup) Milk | | Crackers Vainilla Fruit Sorbet |
| FRIDAY 31 | Egg Boiled/ Saltines Crackers Milk | Macaroni with Sliced Turkey (Sauce & Cheese) Garlic Bread Milk (Daycare) | Pizza Galleticas Juice (Middle/ Elementary) | Cheese Stick Strings Rita Crackers Milk |