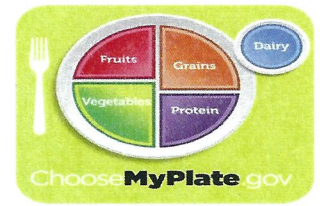


JANUARY



Breakfast, Lunch, Afternoon Snack

Breakfast includes a milk, juice or fruit or vegetable, grain/bread. **Lunch** includes a choice of entrée supplying protein, grain, vegetable side dishes and fruit side dish and milk. **Afternoon snack** includes a selection of two of the following four components milk, juice or fruit or vegetable, meat or meat alternate, grains/bread.

	1	2	3	4
HAPPY NEW YEAR!	NEW YEAR'S DAY ALL PROGRAMS CLOSED	BREAKFAST: Cheerios, orange slices Milk LUNCH: Tomato Soup, saltines, grilled cheese, celery sticks, pears, Milk PM SNACK: Cheezits, Orange Juice	BREAKFAST: English muffin, banana, Milk LUNCH: Beef tacos with lettuce and cheese, black beans, peaches, Milk PM SNACK: Animal Cracker, yogurt	BREAKFAST: Mini Waffles, applesauce, Milk LUNCH: Chicken nuggets, corn, pineapple, roll, Milk PM SNACK: Capital cookies, Apple Juice
7	8 School Resumes	9	10	11
BREAKFAST: Toast, Egg, Applesauce, Milk LUNCH: Hotdogs, peas, peaches, Milk PM SNACK: Gold Fish Crackers, Yogurt, Water	BREAKFAST: Bagel and cream cheese, pineapple, Milk LUNCH: Chicken fried steak, corn, mashed potatoes, gravy, pears, roll, Milk PM SNACK: Sun Chips, Orange Juice	BREAKFAST: Rice Chex Cereal Peaches, Milk LUNCH: Chicken noodle soup, grilled cheese, carrot sticks, orange slices, Milk PM SNACK: Gardetto mix, Apple Juice	BREAKFAST: Sausage biscuit, pears, Milk LUNCH: Calzones, green beans, apple slices, Milk PM SNACK: Graham Crackers, Cheese Stick, Water	BREAKFAST: Crispy Rice Cereal, Banana, Milk LUNCH: Chicken patty on bun, vegetable medley, mixed fruit Milk PM SNACK: Chex Mix, Grape Juice
14	15	16	17	18
BREAKFAST: Mini pancakes, applesauce, Milk LUNCH: Beefaroni, salad, breadstick, pineapple, Milk PM SNACK: Pretzels, lemonade	BREAKFAST: Breakfast pizza, tropical fruit, Milk LUNCH: Salisbury steak, green beans, mashed potatoes, gravy, roll, pears, Milk PM SNACK: Sausage stick, saltine cracker	BREAKFAST: Cheerios, banana, Milk LUNCH: Turkey/cheese Sandwich, salad, apple slices, Milk PM SNACK: Graham cracker, yogurt	BREAKFAST: Bagel with cream cheese, pineapple, Milk LUNCH: Chili, saltine cracker, vegetable medley, tropical fruit, Milk PM SNACK: Cool Ranch Doritos, apple juice	BREAKFAST: Pancake wrapped sausage, pears, Milk LUNCH: Pizza, salad, Mixed Fruit, Milk PM SNACK: Popcorn, Orange Juice
21 No School, ELA & Camp Open	22	23	24	25
BREAKFAST: Toast, hard boiled egg, peaches, Milk LUNCH: Hamburgers, baked beans, pears, Milk PM SNACK: Goldfish Cookie, Grape Juice	BREAKFAST: English muffin, banana, Milk LUNCH: Turkey & cheese on bun, salad, peaches, Milk PM SNACK: Rice Cakes, Apple Juice	BREAKFAST: Rice Chex, orange slices, Milk LUNCH: Potato soup, carrot sticks, cheesestick, breadstick, mixed fruit, Milk PM SNACK: Nacho cheese doritos, lemonade	BREAKFAST: Oatmeal, mandarin oranges, Milk LUNCH: Nacho Supreme with beef, cheese, refried beans, pineapple, Milk PM SNACK: Gardetta Mix, Orange Juice	BREAKFAST: Pancake wrapped sausage, mixed fruit, Milk LUNCH: Fish sticks, corn, roll, salad, applesauce, Milk PM SNACK: Cheese stick, wheat crackers
28	29	30	31	
BREAKFAST: English muffin, mandarin oranges, Milk LUNCH: Ravioli, corn, pears, roll, Milk PM SNACK: Chex mix, Grape Juice	BREAKFAST: Breakfast pizza, apple slices LUNCH: Cheeseburger on Whole Wheat Bun, Pickle Spear, baked beans, peaches, Milk PM SNACK: State Capital Cookies, Apple Juice	BREAKFAST: Crispy Rice Cereal, Banana, Milk LUNCH: Vegetable Beef Soup, Whole Grain Grilled Cheese Sandwich, Pineapple, Milk PM SNACK: Animal Cracker, cheese stick	BREAKFAST: Mini pancakes, pineapple, Milk LUNCH: Beef Taco salad, breadsticks, apple slices, Milk PM SNACK: Wheat crackers, Gogurts	



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