

# JANUARY 2022 MENU



<p>3</p> <p><b>NON-STUDENT DAY</b></p> 	<p>4</p> <p><b>BREAKFAST</b>            Chicken Biscuit            Yogurt with Graham            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Southern Style chicken Bites with Cheez its®            Cuban Sandwich            Baked Sweet Plantains            Baby Carrots w/ Ranch            100% Fruit Juice            Assorted Low Fat Milk</p>	<p>5</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Eggo® Mini Cinnamon Waffles            Buddy Fruit® Cinnamon Applesauce            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Original Cheeseburger            Chicken w/ Yellow Rice            Crispy Tater Tots            Fruitables Veggie Juice Box            Ocean Spray® Craisins            Assorted Low Fat Milk</p>	<p>6</p> <p><b>BREAKFAST</b>            Mini Loaf &amp; Cheese Stick            Yogurt Smoothie w/Strawberry Graham            Assorted Canned Fruit            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni Pizza Slice            Tasty Brands Turkey, Pepperoni &amp; Cheese Croissant            Roasted Carrots            Grape Tomatoes w/ Ranch            Applesauce Cup            Assorted Low Fat Milk</p>	<p>7</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Banana Chocolate Chunk Protein Bar            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Cheese Pizzaboli Bites w/ Marinara            All American Hotdog            Cheesy Garlic &amp; Herb Broccoli            Baby Carrots w/ Ranch            Fresh Orange Smiles            Assorted Low Fat Milk</p>
<p>10</p> <p><b>BREAKFAST</b>            Bacon, Egg &amp; Cheese Calzone            Cocoa Chip Protein Bar            Raisin Box            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni Pizza Slice            Tuscan Rotini w/ Meatballs            Steamed Broccoli            Cucumber Slices w/ Ranch            Fresh Apple Slices            Assorted Low Fat Milk</p>	<p>11</p> <p><b>BREAKFAST</b>            Chicken Biscuit            Yogurt with Graham            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Macaroni &amp; Cheese            BBQ Pork Cornbread Bowl            BBQ Baked Beans            Baby Carrots w/ Ranch            100% Fruit Juice            Assorted Low Fat Milk</p>	<p>12</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Mini Blueberry Pancakes            Buddy Fruit® Cinnamon Applesauce            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Original Cheeseburger            Sweet &amp; Sour Chicken w/ Yellow Rice            Steamed Broccoli            Fruitables Veggie Juice Box            Ocean Spray® Craisins            Assorted Low Fat Milk</p>	<p>13</p> <p><b>BREAKFAST</b>            Mini Loaf &amp; Cheese Stick            Yogurt Smoothie w/Strawberry Graham            Assorted Canned Fruit            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni Pizza Slice            Sloppy Joe Sandwich            Peas &amp; Carrots            Grape Tomatoes w/ Ranch            Assorted Canned Fruit            Assorted Low Fat Milk</p>	<p>14</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Banana Chocolate Chunk Protein Bar            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Crispy Chicken/Spicy Chicken Sandwich            Mini Cheesy Calzones            Herbed Cauliflower            Baby Carrots w/ Ranch            Fresh Orange Smiles            Assorted Low Fat Milk</p>
<p>17</p> <p><b>NO SCHOOL</b></p> 	<p>18</p> <p><b>BREAKFAST</b>            Chicken Biscuit            Yogurt with Graham            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Mini Queso Bites w/ Salsa            Tasty Brands Turkey &amp; Cheese Sandwich            Seasoned Black Beans            Baby Carrots w/ Ranch            100% Fruit Juice            Assorted low Fat Milk</p>	<p>19</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Blueberry Belgian Waffle            Buddy Fruit® Cinnamon Applesauce            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Original Cheeseburger            Grilled Cheese Sandwich            Creamy Tomato Soup            Fruitables Veggie Juice Box            Ocean Spray® Craisins            Assorted Low Fat Milk</p>	<p>20</p> <p><b>BREAKFAST</b>            Mini Loaf &amp; Cheese Stick            Yogurt Smoothie w/ Graham            Assorted Canned Fruit            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Four Cheese or Pepperoni Pizza Slice            Chicken Broccoli Alfredo            Steamed Broccoli            Grape Tomatoes w/ Ranch            Applesauce Cup            Assorted Low Fat Milk</p>	<p>21</p> <p><b>BREAKFAST</b>            Sausage Biscuit            Banana Chocolate Chunk Protein Bar            Strawberry Apple Crisps            100% Juice            White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>            Popcorn OR Buffalo Chicken w/ Cheez its®            3 Bean Chili Cornbread Bowl            Cheesy Spinach Bake            Baby Carrots w/ Ranch            Fresh Orange Smiles            Assorted Low Fat Milk</p>

<p>24</p> <p><b>BREAKFAST</b> Bacon, Egg &amp; Cheese Calzone Cocoa Chip Protein Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Lentil Pasta with Meatsauce &amp; Breadsticks (2) Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>25</p> <p><b>BREAKFAST</b> Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Southern Style chicken Bites with Cheez its® Cuban Sandwich Baked Sweet Plantains Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p>26</p> <p><b>BREAKFAST</b> Sausage Biscuit Eggo® Mini Cinnamon Waffles Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger Chicken w/ Yellow Rice Crispy Tater Tots Fruitables Veggie Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>27</p> <p><b>BREAKFAST</b> Mini Loaf &amp; Cheese Stick Yogurt Smoothie w/Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Tasty Brands Turkey, Pepperoni &amp; Cheese Croissant Roasted Carrots Grape Tomatoes w/ Ranch Applesauce Cup Assorted Low Fat Milk</p>	<p>28</p> <p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Cheese Pizzaboli Bites w/ Marinara All American Hotdog Cheesy Garlic &amp; Herb Broccoli Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>
<p>31</p> <p><b>BREAKFAST</b> Bacon, Egg &amp; Cheese Calzone Cocoa Chip Protein Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Tuscan Rotini w/ Meatballs Steamed Broccoli Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>Feb 1</p> <p><b>BREAKFAST</b> Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Macaroni &amp; Cheese BBQ Pork Cornbread Bowl BBQ Baked Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p>Feb 2</p> <p><b>BREAKFAST</b> Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger Teriyaki Chicken w/ Fried Rice Steamed Broccoli Fruitables Veggie Juice Box Ocean Spray® Craisins Assorted Low Fat Milk</p>	<p>Feb 3</p> <p><b>BREAKFAST</b> Mini Loaf &amp; Cheese Stick Yogurt Smoothie w/Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Sloppy Joe Sandwich Peas &amp; Carrots Grape Tomatoes w/ Ranch Assorted Canned Fruit Assorted Low Fat Milk</p>	<p>Feb 4</p> <p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Crispy Chicken/Spicy Chicken Sandwich Mini Cheesy Calzones Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>

**Breakfast: Cereal can be served daily for breakfast along with the other menu choices.**

**High School MUST serve an additional 1/2c serving of fruit daily.**

A Munchable of Choice- PBJ Munchable (FH-102), Yogurt Munchable (FH-104), Cereal w/ Graham Munchable (FH-118), Smoothie Munchable (FH-104a), Sliced Loaf Munchable (DH-175), Mini Loaf Munchable (FH-119a), Boiled Egg Munchable K-8 (FH-140), Boiled Egg Munchable HS (FH-140a) must be offered every day.

Updated 11/29/21