## **January Menu**

Breakfast every day offers the choice of 3 different cold cereals. All grains offered at breakfast and lunch are whole grain rich. A variety of low fat and fat free milks are offered with breakfast and lunch. The Garden bar is offered to K-12 Students daily. Which includes a variety of fresh vegetables and fruit for the students to choose from.

Monday	Tuesday	Wednesday	Thursday	Friday
1% White or flavored milk served daily This institution is an		<sup>1</sup> No School	<sup>2</sup> No School	<sup>3</sup> No School
equal opportunity provider				
6	7 Waffles	8 Breakfast Bagels	9 Oatmeal	10 Cherry Turnovers
No School	Fish and Chips Warm Cinnamon Apples	Sloppy Joes Mac & Cheese Broccoli Fruit	Shepard's Pie Green Beans Fruit	Boneless Wings Carrots & Celery Fruit
13 French Toast &	14 Eggs, Bacon &	15 Bagels & Yogurt	16 Hashbrown	17 Pancake on a Stick
Sausage Links	Hashbrowns	Parfaits	Casserole	Chicken Street Tacos
Pork Patty Sandwich Tater Tots Fruit	Pepperoni/Cheese Pizza Tomato & Cucumber Salad Fruit	Sweet & Sour Chicken with Stir-fried Veggies Fruit	Hot Dogs Bakes Beans Potato Chips Fruit	Black Beans Fruit
20 Breakfast Burritos	21 Blueberry Muffins	22 Breakfast Pizza	23 Doughnut Holes	<b>24</b> Sausage, egg, and Cheese Biscuit
Hamburgers Fries Fruit	Chicken Snack Wraps Corn Fruit	Beef Enchiladas Spanish Rice Refried Beans Fruit	Chicken Strips Mashed Potatoes And Gravy Corn Fruit	BBQ Chicken Thighs Mac & Cheese Green Beans Fruit
27 Biscuits & Sausage Gravy Tomato Soup	Grilled Chicken Sandwich	29 Breakfast Tacos Taquitos Corn Salad	<b>30</b> Eggs & Toast Cavatini Caprese' Salad	<b>31</b> Sausage, egg, & Cheese English Muffin Mini Corn Dogs
Grilled Cheese Fruit	Roasted Veggies Fruit	Fruit	Fruit	Broccoli & Cheese Fruit

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