

HOT BREAKFAST

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 NO SCHOOL	4 Egg & cheese quesadilla with salsa, clementine, 1% milk	5 English muffin with turkey bacon & cheese, orange, 1% milk	6 Pancakes with maple syrup, apple, 1% milk
9 French toast sticks with maple syrup, pear, 1% milk	10 Waffles with maple syrup, apple, 1% milk	11 English muffin with turkey bacon & cheese, clementine, 1% milk	12 Pancakes with maple syrup, orange, 1% milk	13 Egg & cheese croissant sandwich, apple, 1% milk
16 NO SCHOOL	17 Biscuit with turkey sausage, apple, 1% milk	18 Egg & cheese quesadilla with salsa, clementine, 1% milk	19 Waffles with maple syrup, orange, 1% milk	20 Pancakes with maple syrup, Banana, 1% milk
23 Egg & cheese quesadilla with salsa, pear, 1% milk	24 Egg & cheese croissant sandwich, apple, 1% milk	25 English muffin with turkey bacon & cheese, clementine, 1% milk	26 Eggs and vegetables burrito (spinach, onions, peppers), orange, 1% milk	27 Waffles with maple syrup, apple, 1% milk
30 French toast sticks with maple syrup, pear, 1% milk	31 Biscuit with turkey sausage, apple, 1% milk			

NUTRITION INFORMATION

All our breakfasts meet the following requirements:

- Milk: 8 oz.
- Fruit or Vegetable: 1 cup/8 oz.
- Grain: 2 oz.

All our lunches meet the following requirements:

- Milk: 8 oz.
- Fruit: 1 cup/8 oz.
- Vegetables: 1 cup/8 oz.
- Grain: 2 oz.
- Protein: 2 oz.

None of our food products contain Peanuts, Tree Nuts, Fish, Shellfish, or Pork.

We provide a choice of 4 "standard" meals

- Hot breakfasts
- Cold breakfasts
- Hot lunches
- Cold lunches

We supply the following 4 Allergy Meals:

- Dairy-Free, Egg-Free breakfasts
- Vegetarian Lunches
- Dairy-Free Lunches
- Dairy-Free, Egg-Free Lunches

Cold Breakfast

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 NO SCHOOL	4 Granola bar, clementine, and 1% milk	5 Mini bagel with strawberry cream cheese, orange, 1% milk	6 Corn muffin, apple, 1% milk
9 Blueberry muffin, pear, 1% milk	10 Cheerios strawberry breakfast bar, apple, 1% milk	11 Blueberry muffin, clementine, 1% milk	12 Whole-grain cereal, orange, 1% milk	13 Chocolate chip muffin, apple, 1% milk
16 NO SCHOOL	17 Apple cinnamon oatmeal cookie, apple, 1% milk	18 Chocolate chip muffin, clementine, 1% milk	19 Cheerios strawberry breakfast bar, orange, 1% milk	20 Mini bagel with strawberry cream cheese, banana, 1% milk
23 Blueberry muffin, pear, 1% milk	24 Cheerios strawberry breakfast bar, apple, 1% milk	25 Apple cinnamon oatmeal cookie, clementine, 1% milk	26 Granola bar, orange, and 1% milk	27 Whole-wheat bagel with cream cheese, apple, 1% milk
30 Whole-grain cereal, pear, 1% milk	31 Chocolate chip muffin, apple, 1% milk			

Hot Lunch Menu

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 NO SCHOOL	4 Chicken Kiev, mashed potato, roasted carrots, whole wheat dinner roll, pineapple, 1% milk	5 Hot Dog Day!!!! potato tots, and carrots, Pear 1% milk	6 Turmeric chicken, Enriched peas, carrots rice, and cauliflower, Fruit salad, 1% milk
9 Turkey meatball, spaghetti pasta, yellow squash, dinner roll, Peach Cup, 1% milk.	10 Rotisserie roasted chicken, wax beans, Roasted red potato and Whole wheat dinner roll. mixed veggies, Clementine Cup, 1% milk	11 Coconut grill chicken, carrots enriched rice, green beans, pineapple, 1% milk	12 Pibil chicken, paprika roasted potato, Beets, Sweet potato, Pear, 1% milk	13 Pizza day, Baby Carrots, fruit salad, 1% milk
16 NO SCHOOL	17 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, Clementine Cup, 1% milk	18 Aji chicken with yellow enriched rice and zucchini, pineapple, 1% milk	19 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole Wheat bun, Pear 1% milk.	20 Chicken Nachos enriched Mexican rice, corn peppers and salsa Fruit salad, 1% milk
23 Chayote ground beef, enriched red rice, corn and Peach Cup, 1% milk	24 Grill Chicken primavera enriched pasta with tomatoes, zucchini , corn, Clementine Cup, 1% milk	25 BBQ chicken, white cheddar cheese sauce enriched pasta, broccoli and pineapple, 1% milk	26 Dominican chicken enriched coconut rice, mixed veggies, Pear, 1% milk.	27 Nigerian roasted chicken with Jollof enriched rice, mixed veggies and fruit salad, 1% milk
30 Cubano ground beef , enriched white rice, corn and Peach Cup, 1% milk	31 Mexican chicken, Enriched white rice and baby carrots, Clementine Cup, 1% milk			

Cold Lunch

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 NO SCHOOL	4 Jerk chicken salad, cauliflower, carrots, whole wheat dinner roll, pineapple, and 1% milk	5 Peruvian chopped chicken salad: Grilled chicken, lettuce, cucumber, corn, cherry, whole-wheat-dinner roll, Italian dressing, Pear, 1% milk	6 Chicken achiote sandwich: Grilled chicken, whole wheat- bread, lettuce, carrots, ranch dressing, fruit salad, 1 % milk
9 Smoke-grilled chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, cheddar cheese, whole-wheat sub, BBQ sauce, peach cup, 1% milk.	10 Chicken orange chipotle BBQ wrap: chicken breast, lettuce, baby carrots, ranch, whole-wheat tortilla, dressing, Clementine Cup, 1% milk.	11 Nigerian chicken wrap: Chicken breast, lettuce, baby carrots, ranch, bell peppers, mango, whole-wheat tortilla, pineapple, 1% milk.	12 Turkey ball with garden salad: Lettuce, carrots, cherry tomato, whole wheat dinner roll, Italian dressing, Pear, 1 % milk	13 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole – wheat dinner roll, fruit salad, 1% milk.
16 NO SCHOOL	17 Chicken peach-cucumber salsa wrap:Chicken, cheddar cheese, peach, tomatoes, cucumber, whole wheat tortilla flour, Clementine Cup, 1% milk	18 Jerk chicken salad: chicken, whole-wheat dinner roll, cauliflower, baby carrots, baby spinach, pineapple,1% milk	19 Grilled chicken with quinoa and sweet potato salad: chicken, sweet potatoes, red peppers, orange dressing, Pear, 1% milk.	20 West Coast smoked turkey wrap:turkey breast, spinach, arugula, tomatoes, whole wheat-sub, fruit salad, 1% milk
23 Arabi Beef Sfira: Ground beef, whole wheat- flour, onions, cucumber, baby carrots, peach cup, 1% milk.	24 Chicken sausage crepe: Chicken sausage, carrots, grape tomatoes, onion, Clementine Cup,1 % milk	25 Hummus and vegetables wrap: Hummus, whole wheat flour tortilla, carrots, lettuce, cherry tomato, pineapple, 1 % milk	26 Turkey apricot wrap: Turkey breast, whole-wheat-flour tortilla, celery, apricot, carrots, Pear, 1% milk.	27 Lunch box salad: Turkey deli, cheddar, grape tomato, cucumber, baby carrots, jicama, celery, Ranch dressing, roll wheat flour tortilla, fruit salad, 1% milk
30 Roasted chicken torta: chicken red salsa, cabbage escabeche, beets, peach cup, 1% milk	31 Farm salad: Boiled eggs, lettuce, tomato, celery, red peppers, carrots, whole- wheat- dinner rolls, Italian dressing, Clementine Cup, 1 % milk.			

Dairy Free Menu

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 NO SCHOOL	4 Chicken Kiev, enriched White rice roasted carrots, whole wheat dinner roll, pineapple, oat milk	5 Hot Dog Day!!!! potato tots, and carrots, Pear 1 % milk	6 Turmeric chicken, Enriched peas, carrots rice , and cauliflower, Fruit salad , oat milk
9 Turkey meatball, spaghetti pasta, yellow squash, dinner roll, Peach Cup, oat milk.	10 Rotisserie roasted chicken, wax beans, Roasted red potato and Whole wheat dinner roll. Clementine Cup, oat milk	11 Coconut grill chicken, carrots enriched rice, green beans, pineapple, oat milk	12 Pibil chicken, paprika roasted potato, Beets, sweet potato, Pear, oat milk	13 Mexican chicken, Enriched white rice and baby carrots, fruit salad, oat milk
16 NO SCHOOL	17 Chicken Nuggets w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, Clementine Cup, oat milk	18 Aji chicken with yellow enriched rice and zucchini, pineapple, oat milk	19 Burger Day!!! Patty, Cheese , Lettuce, Tomato, Whole Wheat bun, Pear oat milk.	20 Chicken Nachos enriched Mexican rice, corn peppers and salsa Fruit salad, oat milk
23 Chayote ground beef, enriched red rice, corn and Peach Cup, oat milk	24 Grill Chicken primavera enriched pasta with tomatoes, zucchini , corn, Clementine Cup, oat milk	25 BBQ chicken, white cheddar cheese sauce enriched pasta, broccoli and pineapple, oat milk	26 Mexican chicken, Enriched white rice and baby carrots, Pear, oat milk	27 Nigerian roasted chicken with enriched Jollof rice, mixed vegetables and fruit salad, oat milk
30 Cubano ground beef, enriched white rice, corn and Peach Cup, oat milk	31 Mexican chicken, Enriched white rice and baby carrots, Clementine Cup, 1% milk			

Vegetarian Menu

JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 NO SCHOOL	4 Jerk beyond meat salad, cauliflower, carrots, whole wheat dinner roll, Pineapple, and 1% milk	5 vegetarian Sloppy Joe (vegetarian base), whole wheat sub, potato tots, fresh, carrots, Pear, 1 % milk	6 Turmeric Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian, Gluten Enriched peas, carrots rice , cauliflower, Fruit salad, 1% milk
9 Beyond Meat balls, whole wheat spaghetti pasta chef tomato sauce. Yellow Squash, Peach Cup, 1% milk	10 Veggie burger Squares, Roasted red potato, mix veggie, Whole wheat dinner roll. Clementine Cup, 1% milk	11 Black Beans, Sheared carrots enriched rice, green beans pineapple, 1% milk	12 Pibil Vegetarian base- Non-gmo - Soy Protein, Vegan, Vegetarian, paprika roasted potato, beets, sweet potato, Pear, 1% milk	13 Veggie burger Squares, enriched coconut rice, broccoli . fruit salad 1% milk.
16 NO SCHOOL	17 Veggie burger Square w/ Baked veggies Potato, broccoli, carrots, squash w/ BBQ Sauce, Clementine Cup, 1% milk	18 Cheese sticks, yellow enriched rice and Zucchini, fresh pineapple, 1% milk	19 Burger Day!!! veggie burger Patty, Cheese , Lettuce, Tomato, Whole Wheat bun. Pear, 1% milk.	20 Beans Nachos enriched Mexican rice, corn peppers and salsa, tortilla tips fruit salad, 1% milk
23 Lentil Stew, enriched red rice, corn Peach Cup, 1% milk	24 Mozzarella Cheese primavera enriched pasta with tomatoes, zucchini , corn, Clementine Cup, 1% milk,	25 BBQ Chicken, White Mac & Cheese, enriched pasta, broccoli. pineapple 1% Milk	26 Black Beans, Sheared carrots enriched rice, mix veggie, Pear, 1% milk	27 Nigerian Lentil Wrap: Lentil Balls, lettuce, baby carrots, ranch, bell peppers, whole-wheat to flour tortilla, and fruit salad, 1% milk.
30 Refried beans topping with cheese , brown rice, corn, Peach Cup 1% milk	31 Mexican Beyond Meat, Enriched white rice, baby carrots, Clementine Cup, 1% milk			