

# HOT BREAKFAST JANUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 French toast sticks with maple syrup, <b>Orange</b> , 1% milk	2 Belgian waffle with maple syrup, <b>Apple</b> , 1% milk	3 Egg, beans, cheese quesadilla (Whole Wheat) with salsa, <b>Clementine</b> , 1% milk	4 English Muffin with turkey sausage and Cheese, <b>Banana</b> , 1% milk	5 Fourtalia omelet, whole wheat bread slice <b>Apple</b> , 1% milk
8 Biscuit, turkey sausage, american cheese, <b>Orange</b> , 1% milk	9 French toast sticks with maple syrup, <b>Apple</b> , 1% milk	10 Hash Brown, Scrambled Eggs, corn, turkey, (DF) <b>Clementine</b> , 1% milk	11 Bagel with cream cheese <b>Banana</b> , 1% milk	12 Pancakes with maple syrup, <b>Apple</b> , 1% milk
15 Pancakes with maple syrup, <b>Orange</b> , 1% milk	16 Fan Burrito, Eggs, mozzarella cheese, potato tots. (Whole Wheat Tortilla) (DF) <b>Apple</b> , 1% milk	17 Egg & cheese croissant sandwich, <b>Clementine</b> , 1% milk	18 Fried egg topping w/ranchera sauce, whole wheat toast, <b>Banana</b> , 1% milk	19 Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) <b>Apple</b> , 1% milk
22 French toast sticks with maple syrup, <b>Orange</b> , 1% milk	23 Egg & cheese croissant sandwich, <b>Apple</b> , 1% milk	24 Turkey Sausage, Cheddar cheese quesadilla (Whole Wheat) <b>Clementine</b> , 1% milk	25 English Muffin with turkey bacon and Cheese, <b>Banana</b> , 1% milk	26 Bagel with Cream cheese <b>Apple</b> , 1% milk
29 Biscuit with turkey sausage, american cheese <b>Orange</b> , 1% milk	30 Fan Burrito, Eggs, mozzarella cheese, potato tots. (Whole Wheat Tortilla) (DF) <b>Apple</b> , 1% milk	31 Scrambled Eggs, turkey links, (DF) <b>Clementine</b> , 1% milk		

# Cold Breakfast

# JANUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Toast Cereal, Orange, 1% milk	2 Cocoa Puffs Cereal, Apple, 1% milk	3 Trix Cereal, Clementine, and 1% milk	4 Golden Cereal breakfast bar, Banana, 1% milk	5 Chocolate Chip Muffin, Apple, 1% milk
8 Cheerios whole-grain cereal, Orange, 1% milk	9 Oatmeal Apple bar and a Cheese Stick Apple, 1% milk	10 Cinnamon Toast Cereal, Clementine, 1% milk	11 Blueberry muffin, Banana, 1% milk	12 Golden Cereal breakfast bar and Animal Cookies, Apple, 1% milk
15 2 Graham Honey Cracker & 1 mozzarella stick Orange, and 1% milk	16 Trix Cereal, Apple, 1% milk	17 Chocolate Chip muffin, Clementine, 1% milk	18 Golden Cereal breakfast bar and Animal Cookies, Banana, 1% milk	19 Cocoa Puffs Cereal, Apple, 1% milk
22 Cinnamon Toast Cereal, Orange, 1% milk	23 Apple Cinnamon muffin, Apple, 1% milk	24 2 Graham Honey Cracker & 1 mozzarella stick, Clementine, 1% milk	25 Trix Cereal, Banana, 1% milk	26 Oatmeal Apple bar and a Cheese Stick Apple, 1% milk
29 Chocolate Chip muffin, Orange, 1% milk	30 Cheerios whole-grain Cereal, Apple, and 1% milk	31 Cocoa Puffs Cereal, Clementine, 1% milk		

# Hot Lunch Menu

# JANUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Honey mustard Chicken, mashed potato, roasted carrots, whole wheat dinner roll, <b>Apple</b> , 1% milk	2 Burger Day!!! Beef Patty, american cheese, Whole Wheat bun, mix veggie <b>Clementine</b> , 1% milk	3 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, <b>Orange</b> , 1% milk	4 Peruvian Chicken with Enriched carrot rice, corn, <b>Apple</b> , 1% milk	5 Pizza day!!! Baby Carrots, <b>Banana</b> , 1% milk
8 Chicken Nuggets, Enriched white rice, mixed veggie. <b>Apple</b> , 1% milk.	9 Apple Mojo Chicken, Cuban Rice (Beans with Enriched White Rice), Plantains, <b>Clementine</b> , 1% milk	10 Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, <b>Orange</b> 1% milk.	11 Brazilian Grilled Chicken, Enriched Carrot Rice, And Green Beans <b>Apple</b> , 1% milk	12 Pizza day!!! Baby Carrots, <b>Banana</b> , 1% milk
15 Ground Beef, Rice Noodles, and Broccoli, <b>Apple</b> 1% milk	16 Lemon Roasted Chicken, Enriched Peas & Carrots Rice, And Corn <b>Clementine</b> , 1% milk	17 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Baby carrots, <b>Orange</b> , 1% milk	18 Chicken Parm with Whole Wheat Pasta and Mixed Veggies, <b>Apple</b> , 1% milk	19 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, <b>Banana</b> , 1% milk
22 BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll <b>Apple</b> , 1% milk	23 Beef Goulash, with Enriched Whole Wheat Pasta and Carrots, <b>Clementine</b> , 1% milk	24 Dominican chicken, Enriched Spanish rice, plantains. <b>Orange</b> , 1% milk	25 Chicken Carnitas, Enriched White Rice, and Baby Carrots, <b>Apple</b> , 1% milk	26 Pizza day!!! Baby Carrots, <b>Banana</b> , 1% milk
29 Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, <b>Apple</b> , 1% milk	30 Chicken Fajitas quesadilla, whole wheat tortilla, corn. <b>Clementine</b> , 1% milk	31 Teriyaki Chicken ,Enriched white rice, green beans <b>Orange</b> , 1% milk		

# Cold Lunch

# JANUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll <b>Apple</b> , 1% milk.	2 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing <b>Clementine</b> , 1% milk.	3 Jerk chicken salad with Italian dressing, , lettuce, cabbage, carrots, whole wheat dinner roll, <b>Orange</b> , and 1% milk	4 Chicken Orange Chipotle BBQ wrap: chicken, lettuce, baby carrots, whole-wheat tortilla, dressing <b>Apple</b> , 1% milk	5 Turkey cubes, Cheese cubes, Pretzel bites, Celery Sicks <b>Banana</b> , 1 % milk
8 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing, <b>Apple</b> , 1% milk.	9 Grilled Peruvian Chopped Chicken salad: lettuce, corn, cherry, black beans, whole wheat tortilla <b>Clementine</b> , 1% milk.	10 Lemon chicken wrap, Whole Wheat Tortilla, Chicken breast Veggie potato salad. <b>Orange</b> , 1% milk. Contains: Mayo	11 Chicken Cobb Salad with garden salad: Lettuce, carrots, cherry tomato, Bread Croutons,Ranch Dressing <b>Apple</b> , 1% milk	12 Smoke-grilled BBQ chicken sandwich: Smoked grilled chicken, lettuce, tomatoes, whole-wheat roll <b>Banana</b> , 1% milk.
15 Smoke Grilled Chicken Sandwich, Whole wheat Bun, Coleslaw, <b>Apple</b> , 1% milk. Contains: Mayo	16 DELI Turkey Wrap Lettuce Carrots, whole wheat tortilla flour, honey mustard <b>Clementine</b> , 1% milk	17 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, Caesar Dressing, whole-wheat dinner roll, <b>Orange</b> , 1% milk	18 Grilled chicken with whole wheat pasta salad , corn Spinach, orange dressing, <b>Apple</b> , 1% milk.	19 Mediterranean Salad Lettuce,, tomato, chickpea, bell peppers, cucumber,Mini pita breads,Balsamic Vinaigrette,, <b>Banana</b> , 1% milk
22 Farm salad: Boiled eggs, lettuce, tomato, celery, carrots, whole-wheat- dinner rolls, Italian dressing <b>Apple</b> , 1% milk.	23 Grilled Chicken salad, apple, broccoli slaw, carrots , lettuce,Pupike seed , French Dressing, <b>Clementine</b> , 1% milk	24 Sunflower Butter and Jelly on a Whole Wheat Bread Sandwich with Baby Carrots, <b>Orange</b> , 1% milk	25 Chicken Caesar salad: Grilled chicken, lettuce, cherry tomatoes, whole-wheat dinner roll, & Caesar Dressing, <b>Apple</b> , 1% milk.	26 Lunch box salad: Turkey deli, cheddar, grape tomato, cucumber, baby carrots, jicama, celery, Ranch dressing, roll wheat flour tortilla, <b>Banana</b> , 1% milk
29 Hummus spinach dip: Hummus, with pretzels, baby carrots, , <b>Apple</b> , 1% milk	30 Taco salad, black beans , chickpea, corn , queso fresco , cherry tomato , lettuce, tortilla chip, 100 island dressing. <b>Clementine</b> , 1% milk.	31 Salvadorian Chicken wrap: Chicken, Cabbage, Carrots, whole wheat tortilla flour, Potato Sticks, <b>Orange</b> , 1% milk.		

# Dairy Free Menu

# JANUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Honey mustard Chicken, mashed potato, roasted carrots, whole wheat dinner roll, <b>Apple</b> , Dairy/Lactose Free Milk	2 Burger Day!!! Beef Patty, american cheese, Whole Wheat bun, mix veggie <b>Clementine</b> , Dairy/Lactose Free Milk	3 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, <b>Orange</b> , Dairy/Lactose Free Milk	4 Peruvian Chicken with Enriched carrot rice, corn, <b>Apple</b> , Dairy/Lactose Free Milk	5 Pizza day!!! Baby Carrots, <b>Banana</b> , Dairy/Lactose Free Milk
8 Chicken Nuggets, Enriched white rice, mixed veggie. <b>Apple</b> , Dairy/Lactose Free Milk.	9 Apple Mojo Chicken, Cuban Rice (Beans with Enriched White Rice), Plantains, <b>Clementine</b> , Dairy/Lactose Free Milk	10 Penne pasta with beef meatballs, Marinara Sauce, broccoli and whole-wheat dinner roll, <b>Orange</b> Dairy/Lactose Free Milk.	11 Brazilian Grilled Chicken, Enriched Carrot Rice, And Green Beans. <b>Apple</b> , Dairy/Lactose Free Milk	12 Pizza day!!! Baby Carrots, <b>Banana</b> , Dairy/Lactose Free Milk
15 Ground Beef, Rice Noodles, and Broccoli, <b>Apple</b> Dairy/Lactose Free Milk	16 Lemon Roasted Chicken, Enriched Peas & Carrots Rice, And Corn. <b>Clementine</b> , Dairy/Lactose Free Milk	17 Hot Dog Day!!!! Beef Sausage, Whole wheat Sub, potato tots, and Baby carrots, <b>Orange</b> , Dairy/Lactose Free Milk	18 Chicken Parm with Whole Wheat Pasta and Mixed Veggies, <b>Apple</b> , Dairy/Lactose Free Milk	19 Pizza day!!! Baby Carrots, <b>Banana</b> , Dairy/Lactose Free Milk
22 BBQ Grilled Chicken, baked sweet potato and red potato, lemon broccoli and dinner roll <b>Apple</b> , Dairy/Lactose Free Milk	23 Beef Goulash, with Enriched Whole Wheat Pasta and Carrots, <b>Clementine</b> , Dairy/Lactose Free Milk	24 Dominican chicken, Enriched Spanish rice, plantains. <b>Orange</b> , Dairy/Lactose Free Milk	25 Chicken Carnitas, Enriched White Rice, and Baby Carrots, <b>Apple</b> , Dairy/Lactose Free Milk	26 Breakfast For Lunch!!! Pancakes with Sausage and , Carrots, <b>Banana</b> , Dairy/Lactose Free Milk
29 Cheesy Ground Beef Tacos, Whole Wheat Tortilla and Carrots, <b>Apple</b> , Dairy/Lactose Free Milk	30 Chicken Fajitas quesadilla, whole wheat tortilla, corn. <b>Clementine</b> , Dairy/Lactose Free Milk	31 Teriyaki Chicken ,Enriched white rice, green beans <b>Orange</b> , Dairy/Lactose Free Milk		

# Vegetarian Menu

# JANUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Vegan Honey Mustard Chicken, Mashed Potatoes and Roasted Carrots and WW Dinner Roll, Apple, 1% milk	2 Veggie burger Squares, Roasted red potato, green/waxed beans, Whole wheat dinner roll. Clementine, 1% milk.	3 Black Beans, Enriched Carrot Rice, and Corn, Orange, 1% milk.	4 Vegan Peruvian Chicken with Carrot Rice, and Corn, Apple, and 1% milk	5 Pizza day! Pita dough, Vegan cheese, Baby Carrots, Banana, 1% milk
8 Veggie chicken nuggets w/ Baked veggies(Potato, broccoli, carrots, ) w/ dinner roll, Apple, 1% milk	9 Black Beans, Enriched Cuban Rice, Plantains Clementine, 1% milk	10 Penne Pasta with Vegan Meatballs in Marinara Sauce Whole Wheat Dinner Roll & Broccoli Orange, 1% milk	11 Lentil Stew, Enriched Carrot Rice Green Beans, Apple, 1% milk	12 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk.
15 Plant-Based Beef, Rice Noodles, and Broccoli, Apple, 1% milk	16 Vegan Lemon Roasted Chicken, Enriched Peas and Carrots Rice, and Corn. Clementine, 1% milk.	17 Vegan Sausage on a Whole Wheat Sub, potato tots, and Baby carrots, Orange 1% milk	18 Black Beans, Enriched White Rice, Mixed Veggies Apple, 1% milk	19 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk.
22 Vegan Chicken, Baked Sweet potato and red potato, Lemon Broccoli and Dinner Roll Apple, 1% milk	23 Plant-Based Beef Goulash, Enriched Whole Wheat Pasta, And Carrots, Clementine, 1% milk	24 Black Beans, Mexican Cheese, Sheared carrots enriched rice, mix veggie, Orange, 1% milk	25 Plant-Based Protein, Enriched White Rice, And Baby Carrots, Apple, 1% milk	26 Pizza Day! Pita Dough, Vegan Cheese, Baby Carrots, Banana 1% milk.
29 Black Beans and Cheese, Enriched Rice, Mixed Veggies. Apple 1% Milk	30 Cheese Quesadilla, Whole Wheat Tortilla and Corn. Clementine, 1% milk	31 Vegan Teriyaki Chicken, Enriched White Rice, and Green Beans, Orange, 1% milk		

# DAIRY-FREE EGG-FREE BREAKFAST JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Wheat Bagel with Jelly(assorted flavors!), <b>Orange</b> , 1% milk	Egg** Burrito with Salsa (Whole Wheat), <b>Apple</b> , 1% milk	Dairy-Free Cereal, <b>Clementine</b> , 1% milk	Turkey Sausage in a Whole Wheat Bagel Sandwich, <b>Banana</b> , 1% milk	Dairy-Free Cereal, <b>Apple</b> , 1% milk
Breakfast Burrito (Whole Wheat Tortilla) with turkey sausage, (DF), <b>Orange</b> , 1% milk	Dairy-Free Cereal, <b>Apple</b> , 1% milk	Hash Brown, Scrambled Eggs** with turkey, (DF) <b>Clementine</b> , 1% milk	Dairy-Free Cereal <b>Banana</b> , 1% milk	Egg** in a Whole Wheat Bagel Sandwich, <b>Apple</b> , 1% milk

Dairy-Free Cereal Options to be sent are:

- Cinnamon Toast
- Trix
- Cheerios

\*\*Plant Based Egg Substitute, Ingredients will be listed on the daily menus.

