



January Menu

Every lunch also includes a choice of milk.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 7 Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Carrots Fruit Cup | 8 Tacos Lettuce & Tomato Spanish Rice Charro Beans Pineapple Tidbits | 9 Mini Corn Dogs with Mac & Cheese Cucumber Nachos Seasoned Vegetables Fruit Cup | 10 <i>Enjoy Your Days Off!</i> | 11 (Empty) |
| 14 Chicken Strips Hot Roll Mashed Potatoes Seasoned Green Beans | 15 Crisпитos Lettuce & Tomato Spanish Rice Refried Beans | 16 Chicken & Waffles Fresh Carrots Steamed Vegetables Fruit Cup | 17 Pizza Tossed Salad Seasoned Sweet Corn Frosty Fruit | 18 Chicken Sandwich Basket with French Fries Lettuce with Pickles Fresh Fruit |
| 21 <i>Enjoy Your Day Off!</i> | 22 Soft Tacos Lettuce & Tomato Charro Beans Spanish Rice Rainbow Pears | 23 Soup, Sandwich, and Salad <i>Your choice of Soup and Sandwich with Fresh Salad</i> Baked Chips Orange Smiles | 24 Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream | 25 Chicken Strip Basket with Fries Lettuce with Pickles Fresh Fruit |
| 28 Steak Fingers Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup | 29 Quesadillas Lettuce & Tomato Refried Beans Spanish Rice Fruit Cup | 30 Fun Time Sack Lunch! Choice of Sandwich Baked Chips Carrots Fruit Juice Fruit Cup | 31 Italian Dippers Seasoned Sweet Corn Italian Salad Colorful Apple Sauce | February 1 Hot Dog Basket with Fries Lettuce with Pickles Fresh Fruit |

Did you know that snow forms when water vapor in the atmosphere freezes into ice crystals? Snowflakes form in a variety of different shapes.



Stock up on Healthy Fruits and Vegetables during these Cold Winter months!

Fun Fruit Facts
 Oranges are easy to find this time of year and are packed full of Vitamin C.
 There are 7,500 different kinds of Apples grown in the world.
 Try One!



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|---------------------------------|------------------------------------|-------------------------------|----------------------------|
| Sausage Roll or French Toast | Taco Tuesday! Choice of Taco | Breakfast Pizza or Sausage Biscuit | Cinnamon Roll or Pancake Wrap | Waffles or Muffin & Yogurt |



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