

# January SECONDARY MENU

Milk and an Uncrustable Grab N' Go will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
9 <i>Enjoy Your Day Off!</i>	10 Nachos or Burger Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apple	11 Country Bowl or Country Bucket with Hot Roll or Burger Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	12 Soup and Sandwich or Pizza Choice of Chips Fresh Salad w/ Toppings Fruit Salad	13 Chicken Sandwich or Bacon Cheese Burger Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
16 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	17 Tacos or Crisпитos or Burger Rice and Beans Homemade Salsa Fresh Salad w/ Toppings Fresh Orange	18 Steak Fingers Chicken Nuggets with Hot Roll or Burger Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apple Sauce	19 Stuffed Baked Potatoes with Hot Roll or Hot Dog with Chips or Pizza Steamed Broccoli Fresh Salad w/ Toppings Frozen Fruit Treat	20 Cheese Burger or BBQ Sub Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
23 Chicken Alfredo with Hot Roll or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	24 Totchos or Tornadoes or Burger Pinto Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	25 Meatloaf or Chicken Strips with Hot Roll or Burger Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Berries & Cream	26 Asian Bowl with Fried Rice or Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad	27 Chicken Sandwich or Cheese Burger Basket with Fries or Pizza Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit

## WINTER TREAT

Just because Christmas is over doesn't mean winter activities have to stop. Keep the fun going with this easy and healthy winter snack!

Ingredients:

- 1 tray worth of pretzels (3 handfuls?)
- I prefer the "flat" pretzels
- 2/3 cup greek yogurt (plain or vanilla)
- 1 tsp. honey (optional)
- One sandwich bag and scissors (to create a drizzling pouch)

Method:

- Line a tray with parchment paper. Lay out the pretzels evenly.
- In a bowl, mix 2/3 cup yogurt w/ the honey until evenly combined. Then, spoon the yogurt mixture into a ziploc bag.
- Make a very small cut to one of the bottom corners of the ziploc bag.
- Slowly drizzle the yogurt across each pretzel.
- Place in the freezer. Freeze for at least one hour.



## Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 1/2 & 1/16	Waffles	Breakfast Pizza	Bacon & Eggs w/ Toast	Breakfast Taco	Ham & Cheese Croissant
Week of 1/9 & 1/23	Breakfast Sweet Roll	Pancake Wrap	Eggs & Sausage w/ Toast	Muffins w/ Yogurt	Biscuits & Gravy