

BREAKFAST

2019

JANUARY



Monday

Tuesday

Wednesday

Thursday

Friday

31

01

02

03

04



07



08

Breakfast Pizza
Graham Crackers
Grapes
Fruit Juice-Assorted
Milk-Variety

09

Banana Bread
Apple Slices
Fruit Juice-Assorted
Milk-Variety

10

WG Cinnamon Roll
Strawberry Yogurt
Mandarin Orange
Fruit Juice-Assorted
Milk-Variety

11

Strawberry Pop Tarts
String Cheese
Banana
Fruit Juice-Assorted
Milk-Variety

14

Chocolate French Toast
Pears
Fruit Juice-Assorted
Milk-Variety

15

WG Frosted Flake
Graham Crackers
Banana
Fruit Juice-Assorted
Milk-Variety

16

Cheese Omelet
Graham Cracker
Picante Sauce
Mandarin Orange
Fruit Juice-Assorted
Milk-Variety

17

Blueberry Mini Loaf
String Cheese
Applesauce
Fruit Juice-Assorted
Milk-Variety

18

Pancake on a stick
Peaches
Fruit Juice-Assorted
Milk-Variety

21



22

Whole Grain Waffle
Turkey Sausage
Syrup
Apple Slices
Fruit Juice-Assorted
Milk-Variety

23

Sun Berry Granola Bar
Peaches
Fruit Juice-Assorted
Milk-Variety

24

Cinnamon Glazed
French Toast
Mandarin Orange
Fruit Juice-Assorted
Milk-Variety

25

Chocolate Mini Loaf
String Cheese
Banana
Fruit Juice-Assorted
Milk-Variety

28

Breakfast Burrito
Picante sauce
Pears
Fruit Juice-Assorted
Milk-Variety

29

Donut Goody Ring
Whole Apple/Slices
Fruit Juice-Assorted
Milk-Variety

30

WW Biscuit
Turkey Sausage
Jelly
Mandarin Orange
Fruit Juice-Assorted
Milk-Variety

31

WW Fruity Cherrio
Graham Cracker
Banana
Fruit Juice-Assorted
Milk-Variety

01

LUNCH

2019

JANUARY



Monday

Tuesday

Wednesday

Thursday

Friday

31

01

02

03

04



† Garden Cheese Burger

† Mozeralla Cheese Stick

† Beans & Cheese Burrito

† Alfredo Bake

† Vegetarian Soup

07

08

09

10

11



Cheese Burger
WW Bun
Waffle Fries
Steamed Broccoli

Chicken tender
Waffle
Maple Syrup
California Blend Vegetable

Beef Nacho
Tortilla Chips
Spanish Rice
Mixed Green Salad
Ranch
Diced Pears
Milk-Variety

Mini Corn Dogs
Fiesta Beans
Baby Carrots
Ketchup
Ranch
Fruit Cocktail
Milk-Variety

Peaches
Milk-Variety

Honeydew
Milk-Variety

† Eggplant Parmesan

† Garden Burger

† Cheese Pizza

Penne Pasta with Marinara sauce

† Mac & Cheese

14

15

16

17

18

Chicken Patty Sandwich
WW Bun
Farmer Potatoes
Peas & Carrots

Chicken Tenders
Roasted Sweet Potatoes
Mixed Green Salad
Ketchup Pc
Ranch

Chicken Tacos
Black Beans
Picante Sauce

Penne Pasta w/ Marinara Sauce
Breadstick

Green Beans

Chicken Noodle Soup
Dinner Roll

Mixed Green Salad
Ranch

Pineapple
Milk-Variety

Fruit Cocktail
Milk-Variety

Shredded Lettuce
Grapes
Milk-Variety

Peaches
Milk-Variety

Banana
Milk-Variety

† Cheese Pizza

† Garden Cheese Burger

† Nacho Cheese

† Penne with Marinara sauce

† Vegetable Soup

21

22

23

24

25



BBQ Meatballs
Augratin Potatoes
Dinner Roll
Green Beans

Chicken tender
Waffle
Maple Syrup
California Blend Vegetable

Asian Chicken Bowl
w/ Popcorn Chicken
Lo Mein Noodle/Hoisin Sauce
Peas N Carrots

Turkey Hot Dog
Corn & Blackbean Salad
Ketchup/Mustard
Mixed Green Salad
Ranch

Pears
Milk-Variety

Fruit Cocktail
Milk-Variety

Diced Pears
Milk-Variety

Peaches
Milk-Variety

† Nacho Cheese Ravioli

† Garden Cheese Burger

† Garden Veggie Burger

† Cheese Nachos

† Mac N Cheese

28

29

30

31

01

Sloppy Joe
WW Bun
Farmer Potatoes
Peas & Carrots

Chicken Nuggets
Mashed Potatoes/Gracy
Ketchup Pc

Green Beans

Beef & Bean Burrito
Rice and Beans
Ranchero Sauce
Seasoned Corn

Chicken Alfredo Bake
Breadstick

Mixed Green Salad

Pineapple
Milk-Variety

Fruit Cocktail
Milk-Variety

Grapes
Milk-Variety

Peaches
Milk-Variety

† Garden Cheese Burger

† Spaghetti & Marinara sauce

† Beans & Cheese Burrito

† Alfredo Pasta Bake

† Vegetarian Option

THE INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Updated
12/27/2018