




Grades K-8 Cafeteria Breakfast and Lunch Menu - January 2016

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Lunch	Notes about the menu: * Bolded breakfast items are served in classroom feeding and grab and go sites * A variety of cold breakfast items offered daily * All cereal are reduced sugar * All grain products are whole grain or whole wheat * A variety of condiments are offered daily * All menu items that contain peanuts or tree nuts as an ingredient are clearly named	* A variety of fresh produce offered daily * In addition to daily vegetables, baby carrots offered M/W/F and sliced cucumbers T/Th * V stands for vegetarian * L stands for local  New this month Project Bread Recipe		Breakfast Milk Choices <i>1 % Plain & Nonfat Plain</i> Lunch Milk Choices <i>1% Plain, Nonfat Plain, & Chocolate</i> Breakfast and Lunch FREE for ALL Students <i>Menus are subject to change</i>	1 No School Winter Recess
		4 Professional Day No School	5 Cinnamon Spiced Pancakes Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Cheeseburger/Hamburger Or French Bread Pizza Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Corn Fresh Fruit	6 Egg and Cheese Omelet w/ Toast Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Spanish Rice with Fajita Chicken Or Crispy Baked Fish Filet Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sizzlin' Black Beans Fresh Fruit	7 Whole Grain Waffles Or Fruited Yogurt w/ Grahams Fresh Fruit Pasta and Meatballs Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^V Garden Salad Fresh Fruit	8 Breakfast Sandwich w/ Egg and Cheese on a Biscuit Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Hawaiian Pizza or Cheese Pizza ^V Or Chicken Salad on Wheat Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Cherry Tomatoes Fresh Fruit
Breakfast	Lunch	Turkey Sausage and Cheese Breakfast Square Or Whole Grain Bagels w/ Cream Cheese Fresh Fruit Grilled Cheese & Tomato Soup ^V Or Chicken Tenders Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Baby Carrots Fresh Fruit	Whole Grain French Toast Sticks Or Assorted Whole Grain Cereals w/ a Cheese Stick Fresh Fruit  Beef Taco Or Southwestern Salad with Chicken Or Toasted Cheese Sandwich ^V Sweet Corn Fresh Fruit	Breakfast Burrito Or Fruited Yogurt w/ Grahams Fresh Fruit Pollo Guisado with Brown Rice Or Cheeseburger/Hamburger Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Baked Beans Fresh Fruit	Breakfast Sandwich w/ Egg & Cheese on a Biscuit Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Chicken, Broccoli, Pasta Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^V Garden Salad Fresh Fruit	15 Whole Grain Pancakes Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Buffalo Chicken Pizza or Cheese Pizza ^V Or Tuna Salad Sandwich Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Cucumber Slices Fresh Fruit
		11	12	13	14	
Breakfast	Lunch	18 Martin Luther King Jr. Day No School	Whole Grain Waffles Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Three Cheese and Corn Enchilada ^V Or Cheeseburger/Hamburger Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Garden Salad Fresh Fruit	Breakfast Sandwich w/ Egg and Cheese on a Biscuit Or Fruited Yogurt w/ Grahams Fresh Fruit Tangerine Chicken over Brown Rice Or Spicy Chicken Wrap Or Toasted Cheese Sandwich ^V Sizzlin' Black Beans Fresh Fruit	Breakfast Burrito Or Assorted Whole Grain Bagel w/ Cream Cheese Fresh Fruit  Chicken Quesadilla Or Southwestern Salad with Chicken Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Butternut Squash ^L Fresh Fruit	22 Whole Grain French Toast Sticks Or Assorted Whole Grain Cereal w/ a Cheese Stick Fresh Fruit Vegetable Pizza or Cheese Pizza Or Meatball Sub Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Celery Sticks Fresh Fruit
		19	20	21	22	
Breakfast	Lunch	Cinnamon Spiced Pancakes Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Black Bean Burrito Bowl ^V Or Chicken Tenders Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Roasted Sweet Potatoes Fresh Fruit	Egg & Cheese Omelet w/ Toast Or Whole Grain Bagel w/ Cream Cheese Fresh Fruit Lemon Oregano Chicken and a Roll Or Garden Salad Topped with Buffalo Chicken Or Toasted Cheese Sandwich ^V Garden Salad Fresh Fruit	Turkey Sausage and Cheese Breakfast Square Or Assorted Whole Grain Cereals w/ Cheese Stick Fresh Fruit Spanish Rice with Fajita Chicken Or Crispy Baked Fish Sandwich Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sizzlin' Black Beans Fresh Fruit	Whole Grain Waffles Or Fruited Yogurt w/ Grahams Fresh Fruit Macaroni and Cheese Or Chicken Caesar Salad Or Toasted Cheese Sandwich ^V Green Beans Fresh Fruit	29 Breakfast Sandwich w/ Egg and Cheese on a Biscuit Or Assorted Whole Grain Cereals w/ Grahams Fresh Fruit Hawaiian Pizza or Cheese Pizza ^V Or Chicken Salad on Wheat Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick ^V Sweet Corn Fresh Fruit
		25	26	27	28	29