



JANUARY

BREAKFAST MENU

2020

Monday	Tuesday	Wednesday	Thursday	Friday
			2	3
6	7	8	9	10
Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	Turkey Sausage on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	Whole Grain Pancakes w/ Syrup Fresh Fruit Skim or 1% Milk	Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
13	14	15	16	17
Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
		22	23	24
		Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	Whole Grain Pancakes w/ Syrup Fresh Fruit Skim or 1% Milk	Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk
27	28	29	30	31
Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk	Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel with Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk



Breakfast: choice of 1% or fat-free milk; fruit available daily

All grains offered are whole grains rich

This institution is an equal opportunity provider



JANUARY

LUNCH MENU

2020

Monday	Tuesday	Wednesday	Thursday	Friday
			2	3
6	7	8	9	10
All Beef Burger with Cheese on a Whole Grain Bun Potato Wedges Fresh Fruit Skim or 1% Milk	Pulled Chicken Tacos w/ Whole Grain Tortilla, Pinto Beans and Fresh Salsa Fresh Fruit Skim or 1% Milk	Baked Ziti w/ Whole Grain Pasta & Roasted Butternut Squash Fresh Fruit Skim or 1% Milk	Teriyaki Chicken w/ Brown Rice Pilaf, Carrots & Broccoli Fresh Fruit Skim or 1% Milk	Turkey Sandwich w/ Swiss Cheese, Whole Grain Bun & Celery Fresh Fruit Skim or 1% Milk
13	14	15	16	17
Chicken Milanese w/ German Potato Salad Fresh Fruit Skim or 1% Milk	Turkey Gyro w/ Yogurt on Whole Grain Pita with Warm Garbanzo & Lentil Salad Fresh Fruit Skim or 1% Milk	Black Bean Chili w/ Sweet Potato and Butternut Squash Puree Fresh Fruit Skim or 1% Milk	Whole Grain Pizza w/ Organic Baby Carrots Fresh Fruit Skim or 1% Milk	Meatballs & Marinara w/ Whole Grain Pasta & Parmesan Broccoli Fresh Fruit Skim or 1% Milk
	21	22	23	24
	Chicken Parm w/ Whole Grain Breading, Farro, & Green Beans Fresh Fruit Skim or 1% Milk	Breakfast for Lunch! Breaded Chicken w/ Whole Grain Waffle and Potato Wedges Fresh Fruit Skim or 1% Milk	Mac and Cheese w/ Ground Beef & Broccoli Fresh Fruit Skim or 1% Milk	Turkey Sandwich w/ Swiss Cheese, Whole Grain Bun & Baby Carrots Fresh Fruit Skim or 1% Milk
27	28	29	30	31
Whole Grain Cheese Ravioli w/ Marinara & Parmesan Broccoli Fresh Fruit Skim or 1% Milk	Happy Valley Meatballs on Whole Grain Flatbread w/ Corn and Pepper Salad Fresh Fruit Skim or 1% Milk	Arroz con Pollo w/ Brown Rice & Pigeon Peas Fresh Fruit Skim or 1% Milk	Whole Grain Pizza w/ Organic Baby Carrots Fresh Fruit Skim or 1% Milk	Chicken & Apple Sandwich w/ Celery Fresh Fruit Skim or 1% Milk

Lunch: choice of
1% or fat-free
milk; fruit
available daily

All grains offered
are whole grains
rich

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