

## JANUARY **BREAKFAST MENU**

2020

TO THE STATE	Monday	Tuesday	Wednesday	Thursday	Friday
			APP?		3
	6 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	7 Turkey Sausage on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	8 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	9 Whole Grain Pancakes w/ Syrup Fresh Fruit Skim or 1% Milk	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
	13 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	14 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	15 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	16 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	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
Breakfast: choice of 1% or fat-free milk; fruit available daily All grains offered are whole grains rich his institution is n equal pportunity rovider	MARTIN LUTHER KING JR. Day	21 Turkey Sausage on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	22 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	23 Whole Grain Pancakes w/ Syrup Fresh Fruit Skim or 1% Milk	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
	27 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	28 Scrambled Egg Sandwich on Whole Wheat English Muffin with Cheese Fresh Fruit Skim or 1% Milk	29 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	30 Whole Grain French Toast Sticks w/ Syrup Fresh Fruit Skim or 1% Milk	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



provider

## LUNCH MENU JANUARY

## 2020

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TOOT	Monday	Tuesday	Wednesday	Thursday	Friday
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*	6 All Beef Burger with Cheese on a Whole Grain Bun Potato Wedges Fresh Fruit Skim or 1% Milk	7 Pulled Chicken Tacos w/ Whole Grain Tortilla, Pinto Beans and Fresh Salsa Fresh Fruit Skim or 1% Milk	8 Baked Ziti w/ Whole Grain Pasta & Roasted Butternut Squash Fresh Fruit Skim or 1% Milk	9 Teriyaki Chicken w/ Brown Rice Pilaf, Carrots & Broccoli Fresh Fruit Skim or 1% Milk	10 Turkey Sandwich w/ Swiss Cheese, Whole Grain Bun & Celery Fresh Fruit Skim or 1% Milk
₩* *	13 Chicken Milanese w/ German Potato Salad Fresh Fruit Skim or 1% Milk	14 Turkey Gyro w/ Yogurt on Whole Grain Pita with Warm Garbanzo & Lentil Salad Fresh Fruit Skim or 1% Mil	15 Black Bean Chili w/ Sweet Potato and Butternut Squash Puree Fresh Fruit Skim or 1% Milk	16 Whole Grain Pizza w/ Organic Baby Carrots Fresh Fruit Skim or 1% Milk	17 Meatballs & Marinara w/ Whole Grain Pasta & Parmesan Broccoli Fresh Fruit Skim or 1% Milk
ch: choice of or fat-free ;; fruit lable daily	MARTIN LUTHER KING JR. Day	21 Chicken Parm w/ Whole Grain Breading, Farro, & Green Beans Fresh Fruit Skim or 1% Milk	22 Breakfast for Lunch! Breaded Chicken w/ Whole Grain Waffle and Potato Wedges Fresh Fruit Skim or 1% Milk	23 Mac and Cheese w/ Ground Beef & Broccoli Fresh Fruit Skim or 1% Milk	24 Turkey Sandwich w/ Swiss Cheese, Whole Grain Bun & Baby Carrots Fresh Fruit Skim or 1% Milk
grains offered whole grains institution is qual ortunity	27 Whole Grain Cheese Ravioli w/ Marinara & Parmesan Broccoli Fresh Fruit Skim or 1% Milk	28 Happy Valley Meatballs on Whole Grain Flatbread w/ Corn and Pepper Salad Fresh Fruit Skim or 1% Milk	29 Arroz con Pollo w/ Brown Rice & Pigeon Peas Fresh Fruit Skim or 1% Milk	30 Whole Grain Pizza w/ Organic Baby Carrots Fresh Fruit Skim or 1% Milk	31 Chicken & Apple Sandwich w/ Celery Fresh Fruit Skim or 1% Milk