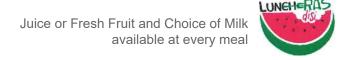


January 2023



Monday

NO SCHOOL TODAY

Tuesday

Grilled Chicken Sandwich

Baked Meatless Sandwich

Brown Rice & Black Beans

Wednesday

Thursday

Friday

01/02/2023

MultiGrain Cheerios and GoGurt

01/03/2023

One-Pan Potato, Egg Scramble

Cranberry Turkey Breast Sandwich Cranberry Toasted Tofu Sandwich

Fresh Broccoli

01/05/2023

Choc. Chip Pancakes with syrup

Chicken Stroganoff Pasta or Meatless Pasta both with Pepper.Carrots & Zucchini

Cinn Raisin Bagel w/C Cheese

Hamburger Veggie Burger

Roasted Potatoes & Green Beans Medley

01/09/2023

Triple Berry French Toast

Cilantro Lime Chicken Burrito Cilantro Lime Meatless Burrito

Pico w/ Tomatoes & Onions

01/10/2023

Pumpkin Carrot Breakfast Bar

Chili Turkey Hot Dog Veggie Hot Dog

Green Beans

01/11/2023

01/04/2023

Banana Muffin W/Cheese Stick

Chicken Caesar Pasta Salad Meatless Chicken Caesar Pasta Salad 01/12/2023

Cheesy Scrambled Eggs with roll

Chicken & Turkey Bacon Pasta w/ Tomato & Spinach Chicken Meatless Pasta w/Tomato & Spinach

01/13/2023

01/06/2023

Apple Caramel Bread Pudding

Turkey Shepherd's Pie w/Mashed Potato & Carrot Meatless Shepherd's Pie w Mashed Potato & Carrots

Steamed Brown Rice

01/16/2023

MLK Service Day

No Classes

01/17/2023

Waffles with Cinnamon Apples

Buffalo Chicken Pasta w/ Macaroni and Cheese Meatless Buffalo Pasta w/Macaroni and Cheese

Broccoli and Potato Medley

01/18/2023

Gingerbread Muffin

Apple Provolone Turkey Sandwich Apple Provolone Sandwich

Carrot Sticks

01/19/2023

Breakfast Pizza w/ Hash Brown Crust

Chicken Corn Dog Veggie Hot Dog

Green Beans & Corn Medley

01/20/2023

English Muffin with Chicken Patty English Muffin with Veggie Patty

One-Pot Enchilada Rice w/Black Beans & Red Pepper

01/23/2023

Chai cheesecake muffin

Chili Flavor Turkey Tomato Macaroni Chili Flavor Meatless Tomato Macaroni

01/24/2023

French Toast Sticks

Beef Meatballs w/Brown Rice & Black Beans Veggie Meatballs w/Brown Rice & Black Beans

01/25/2023

Cinnamon Roll

Strawberry Pasta Salad w/ Chicken.Broccoli &Cucumber Meatless Pasta Salad with Broccoli & Cucumber

01/26/2023

Cheerios and Yogurt

Fiesta Brown Rice Chicken with Corn. Peas and Carrots Fiesta Brown Rice Meatless Protein with Corn. Peas and Carrots

01/27/2023

Professional **Development Day**

No School for Students

01/30/2023

Corn Muffin

Grilled Chicken Sandwich Grilled meatless protein sandwich

Brown Rice and Black Beans

01/31/2023

One-Pan Potato. Egg Scramble

Crispy Chicken Burger w/ Tartar Sauce Chicken Meatless Burger w/ Tartar Sauce

Potato French Fries

02/01/2023

Cinn Raisin Bagel w/C Cheese

Cranberry Turkey Breast and Arugula Sandwich Cranberry Toasted Tofu and Arugula Sandwich

Fresh Broccoli

02/02/2023

Cinnamon Crunch Cereal Cup

Chicken Stroganoff Pasta w/ Pepper.Carrot & Zucchini.

Meatless Pasta w/Pepper.Carrot & Zucchini.

02/03/2023

Chocolate Chip Pancakes

Cheese Pizza (V)

Sweet Creamy Coleslaw