



January 2022 Menu

Menu subject to change

*Snack indicated is served after 3:30pm for students in After School. All students also have fresh fruit and vegetables offered throughout the day.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1- January 10-14 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and Go</p> <p>Lunch:Spinach Alfredo Tomato and cucumber Slices,w.w. Roll</p> <p>*Snack:yogurt,fruit</p>	<p>Breakfast:Egg sausage and cheese on w.w.muffin WG cereal</p> <p>Lunch:Turkey enchilads Black bean and corn salad Corn bread</p> <p>*Snack:W.G.cracker,fruit</p>	<p>Breakfast: W.G.Waffles Syrup,turkey bacon WG cereal</p> <p>Lunch: BBQ chicken stewed pinto beans jasmine rice</p> <p>*Snack:Granola bar,fruit</p>	<p>Breakfast:Eggs,hash Brown WG toast WG cereal</p> <p>Lunch: Chinese beef lo mein with broccoli Spring roll</p> <p>*Snack:WGgoldfish,fruit</p>	<p>Breakfast:Breakfast sandwich on WG bun WG cereal</p> <p>Lunch: Corn dogs,sweet potato fries baked beans</p> <p>*Snack:WG cookie,fruit</p>
<p>Week 2- January 17-21 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go</p> <p>Closed</p> <p>Lunch: MLK Day</p> <p>*Snack:WG cookie,fruit</p>	<p>Breakfast:WG french toast turkey sausage WG cereal</p> <p>Lunch: Chicken and Waffles blackeyed peas Yams</p> <p>*Snack:Cheese stick fruit</p>	<p>Breakfast:WG pancakes 1oz syrup,turkey bacon WG cereal</p> <p>Lunch: W.W spaghetti with mead sauce garlic and herb cauliflower</p> <p>*Snack:granola bar,fruit</p>	<p>Breakfast:Breakfast sandwich on wg bun WG cereal</p> <p>Lunch: Chicken sausage Mashed sweet potatoes Lima beans,cornbread</p> <p>*Snack:smart pop,fruit</p>	<p>Breakfast:Breakfast pizza WG cereal</p> <p>Lunch:Burgers and fries Caesar salad</p> <p>*Snack:yogurt,fruit</p>
<p>Week 3- January 24-28 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast: Grab and go</p> <p>Lunch:WG mac and cheese,glazed carrots,lemon peas</p> <p>Snack:WG chips,fruit</p>	<p>Breakfast:Egg,sausage Cheese on WG muffin WG cereal</p> <p>Lunch:Chili and lime beef Mashed potatoes, Green beans WG roll</p> <p>Snack:WG pretzels,fruit</p>	<p>Breakfast: WG Waffles 1oz syrup,turkey bacon WG cereal</p> <p>Lunch: General Tso's chicken bowl gigner cabbage,basmati rice</p> <p>Snack:WG cracker,fruit</p>	<p>Breakfast:Eggs,WG toast,home fries WG cereal</p> <p>Lunch:Jerk turkey rice and peas,butternut squash Sauteed, red cabbage</p> <p>Snack:WGgoldfish,fruit</p>	<p>Breakfast:WG pancakes 1oz syrup,turkey sausage WG cereal</p> <p>Lunch:Pizza, chickpea and corn salad</p> <p>Snack:Smart pop,fruit</p>
<p>Week 4- January 31- Feb 4 Fresh fruit served with each meal daily.</p> <p>Low-fat and Fat-free milk offered daily</p>	<p>Breakfast:Grab and Go</p> <p>Lunch:Veggie quesadillas salsa and sour cream Brown rice black beans</p> <p>*Snack:Veggie straws fruit</p>	<p>Breakfast:Omelet Turkey sausage,toast</p> <p>Lunch:Chicken pot pie Baked apples, green beans</p> <p>*Snack: WGPretzels,Fruit</p>	<p>Breakfast:WG pancakes 1oz syrup,turkey bacon</p> <p>Lunch:Beef stew,potatoes,carrots cornbread</p> <p>*Snack:WG bar,fruit</p>	<p>Breakfast:WG muffin Egg with cheese</p> <p>Lunch: Chicken stroganoff egg noodles,broccoli, corn 2oz roll</p> <p>*Snack:WG cracker, fruit</p>	<p>Breakfast: W.G.Bagel Cream cheese,eggs</p> <p>Lunch: BBQ chicken club Potato wedges Three bead salad</p> <p>Snack:smart pop,fruit</p>