



# 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.

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