



# PreK Breakfast January 2023

2-Jan	3-Jan Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	4-Jan Pop-Tarts Orange Juice Skim or 1% Fat Milk	5-Jan Sausage Pancake Stick Mango Cup Skim or 1% Fat Milk	6-Jan Assorted Breakfast Breads Fruit Cup Skim or 1% Fat Milk
9-Jan Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	10-Jan Breakfast Pizza Banana Skim or 1% Fat Milk	11-Jan Pop-Tarts Orange Juice Skim or 1% Fat Milk	12-Jan Sausage Breakfast Sandwich Mango Cup Skim or 1% Fat Milk	13-Jan Apple Cinnamon Muffin Fruit Cup Skim or 1% Fat Milk
16-Jan	17-Jan Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	18-Jan Pop-Tarts Orange Juice Skim or 1% Fat Milk	19-Jan Mini Waffles Mango Cup Skim or 1% Fat Milk	20-Jan Assorted Breakfast Breads Fruit Cup Skim or 1% Fat Milk
23-Jan Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	24-Jan Breakfast Pizza Banana Skim or 1% Fat Milk	25-Jan Pop-Tarts Orange Juice Skim or 1% Fat Milk	26-Jan Sausage Breakfast Sandwich Mango Cup Skim or 1% Fat Milk	27-Jan No Classes for Scholars
30-Jan Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	31-Jan Sausage Pancake Stick Banana Skim or 1% Fat Milk	1-Feb Pop-Tarts Orange Juice Skim or 1% Fat Milk	2-Feb Mini Waffles Mango Cup Skim or 1% Fat Milk	3-Feb Assorted Breakfast Breads Pineapple Cup Skim or 1% Fat Milk

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# K-8 Breakfast January 2023

2-Jan	3-Jan Cereal Bar & Yogurt Apple Sauce Grape Juice Skim or 1% Fat Milk	4-Jan Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	5-Jan Sausage Pancake Stick Mango Cup Fresh Orange Skim or 1% Fat Milk	6-Jan Assorted Breakfast Breads Fruit Cup Fresh Pear Skim or 1% Fat Milk
9-Jan Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	10-Jan Breakfast Pizza Banana Grape Juice Skim or 1% Fat Milk	11-Jan Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	12-Jan Sausage Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	13-Jan Blueberry Muffin Fruit Cup Fresh Pear Skim or 1% Fat Milk
16-Jan	17-Jan Cereal Bar & Yogurt Apple Sauce Grape Juice Skim or 1% Fat Milk	18-Jan Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	19-Jan Mini Waffles Mango Cup Fresh Orange Skim or 1% Fat Milk	20-Jan Assorted Breakfast Breads Fruit Cup Fresh Pear Skim or 1% Fat Milk
23-Jan Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	24-Jan Breakfast Pizza Banana Grape Juice Skim or 1% Fat Milk	25-Jan Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	26-Jan Sausage Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	27-Jan No Classes for Scholars
30-Jan Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	31-Jan Sausage Pancake Stick Banana Grape Juice Skim or 1% Fat Milk	1-Feb Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	2-Feb Mini Waffles Mango Cup Fresh Orange Skim or 1% Fat Milk	3-Feb Assorted Breakfast Breads Fruit Cup Fresh Pear Skim or 1% Fat Milk

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# HS Breakfast January 2023

2-Jan	3-Jan Assorted Cereals, Cereal Bars & Yogurt Sausage Pancake Stick Fruit Cup Grape Juice Skim or 1% Fat Milk	4-Jan Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	5-Jan Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	6-Jan Assorted Cereals, Cereal Bars & Yogurt Assorted Breakfast Breads Pineapple Cup Fresh Pear Skim or 1% Fat Milk
9-Jan Assorted Cereals, Cereal Bars & Yogurt WG Bagel & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	10-Jan Assorted Cereals, Cereal Bars & Yogurt Breakfast Pizza Banana Pear Cup Skim or 1% Fat Milk	11-Jan Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	12-Jan Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	13-Jan Assorted Cereals, Cereal Bars & Yogurt Assorted Breakfast Breads Pineapple Cup Fresh Pear Skim or 1% Fat Milk
16-Jan	17-Jan Assorted Cereals, Cereal Bars & Yogurt Sausage Pancake Stick Pineapple Cup Papaya Cup Skim or 1% Fat Milk	18-Jan Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	19-Jan Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	20-Jan Assorted Cereals, Cereal Bars & Yogurt Assorted Breakfast Breads Banana Fresh Pear Skim or 1% Fat Milk
23-Jan Assorted Cereals, Cereal Bars & Yogurt WG Bagel & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	24-Jan Assorted Cereals, Cereal Bars & Yogurt Breakfast Pizza Banana Papaya Cup Skim or 1% Fat Milk	25-Jan Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	26-Jan Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	27-Jan No Classes for Scholars
30-Jan Assorted Cereals, Cereal Bars & Yogurt WG Bagel & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	31-Jan Assorted Cereals, Cereal Bars & Yogurt Sausage Pancake Stick Banana Papaya Cup Skim or 1% Fat Milk	1-Feb Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	2-Feb Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	3-Feb Assorted Cereals, Cereal Bars & Yogurt Assorted Breakfast Breads Pineapple Cup Fresh Pear Skim or 1% Fat Milk

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# PreK Lunch January 2023

2-Jan	3-Jan Chicken, Mashed Potato Bowl WG Dinner Roll Fruit Punch Skim or 1% Fat Milk	4-Jan Chicken Drumstick w/ WG Dinner Roll Tater Tots Diced Pears Skim or 1% Fat Milk	5-Jan Cheeseburger w/ Lettuce & Tomato Vegetarian Baked Beans Banana Skim or 1% Fat Milk	6-Jan Cheese Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk
9-Jan Chicken Nuggets w/ WG Dinner Roll Emoticon Potatoes Fruit Punch Skim or 1% Fat Milk	10-Jan WG Waffle & Cheese Sandwich Caesar Salad Fresh Orange Skim or 1% Fat Milk	11-Jan Chicken & Waffles Mashed Potatoes Diced Pears Skim or 1% Fat Milk	12-Jan Meatball Sub w/ Marinara Vegetarian Baked Beans Banana Skim or 1% Fat Milk	13-Jan Deep Dish Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk
16-Jan	17-Jan Chicken, Mashed Potato Bowl WG Dinner Roll Fresh Orange Skim or 1% Fat Milk	18-Jan Chicken Drumstick w/ WG Dinner Roll Tater Tots Diced Pears Skim or 1% Fat Milk	19-Jan Cheeseburger w/ Lettuce & Tomato Vegetarian Baked Beans Banana Skim or 1% Fat Milk	20-Jan Cheese Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk
23-Jan Chicken Nuggets w/ WG Dinner Roll Emoticon Potatoes Fruit Punch Skim or 1% Fat Milk	24-Jan WG Waffle & Cheese Sandwich Vegetarian Baked Beans Fresh Orange Skim or 1% Fat Milk	25-Jan Chicken & Waffles Seasoned Carrots Diced Pears Skim or 1% Fat Milk	26-Jan Deep Dish Pizza Caesar Salad Banana Skim or 1% Fat Milk	27-Jan No Classes for Scholars
30-Jan Chicken Bowl w/ Corn, Mashed Potatoes & Gravy WG Dinner Roll Fruit Punch Skim or 1% Fat Milk	31-Jan WG Breaded Cheese Sticks w/ Marinara Cup Caesar Salad Fresh Orange Skim or 1% Fat Milk	1-Feb Chicken Drumstick w/ WG Biscuit Tater Tots Diced Pears Skim or 1% Fat Milk	2-Feb Cheeseburger w/ Lettuce & Tomato Vegetarian Baked Beans Banana Skim or 1% Fat Milk	3-Feb Cheese Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk

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# K-8 Lunch January 2023

2-Jan	3-Jan Chicken, Mashed Potato Bowl  WG Dinner Roll  Fruit Punch  Skim or 1% Fat Milk	4-Jan Chicken Drumstick w/ WG Dinner Roll  Tater Tots  Cole Slaw  Diced Pears  Skim or 1% Fat Milk	5-Jan Cheeseburger w/ Lettuce & Tomato  Vegetarian Baked Beans  Oven Baked Fries  Banana  Skim or 1% Fat Milk	6-Jan Cheese Pizza  Baby Carrots w/ Dressing  Spinach Salad  Apple Sauce  Skim or 1% Fat Milk
9-Jan Chicken Nuggets w/ WG Dinner Roll  Emoticon Potatoes  Celery Sticks w/ Dressing  Fruit Punch  Skim or 1% Fat Milk	10-Jan WG Waffle & Cheese Sandwich  Caesar Salad  Tomato Soup  Fresh Orange  Skim or 1% Fat Milk	11-Jan Chicken & Waffles  Mashed Potatoes  Seasoned Collards  Diced Pears  Skim or 1% Fat Milk	12-Jan Meatball Sub w/ Marinara  Vegetarian Baked Beans  Cole Slaw  Banana  Skim or 1% Fat Milk	13-Jan Deep Dish Pizza  Baby Carrots w/ Dressing  Spinach Salad  Apple Sauce  Skim or 1% Fat Milk
16-Jan	17-Jan Chicken, Mashed Potato Bowl  WG Dinner Roll  Orange Juice  Skim or 1% Fat Milk	18-Jan Chicken Drumstick w/ WG Dinner Roll  Tater Tots  Cole Slaw  Diced Pears  Skim or 1% Fat Milk	19-Jan Cheeseburger w/ Lettuce & Tomato  Vegetarian Baked Beans  Oven Baked Fries  Banana  Skim or 1% Fat Milk	20-Jan Cheese Pizza  Baby Carrots w/ Dressing  Spinach Salad  Apple Sauce  Skim or 1% Fat Milk
23-Jan Chicken Nuggets w/ WG Dinner Roll  Emoticon Potatoes  Celery Sticks w/ Dressing  Fruit Punch  Skim or 1% Fat Milk	24-Jan WG Waffle & Cheese Sandwich  Vegetarian Baked Beans  Tomato Soup  Fresh Orange  Skim or 1% Fat Milk	25-Jan Chicken & Waffles  Mashed Potatoes  Seasoned Collards  Diced Pears  Skim or 1% Fat Milk	26-Jan Deep Dish Pizza  Caesar Salad  Baby Carrots  Banana  Skim or 1% Fat Milk	27-Jan No Classes for Scholars
30-Jan Chicken Bowl w/ Corn, Mashed Potatoes & Gravy  WG Dinner Roll  Fruit Punch  Skim or 1% Fat Milk	31-Jan WG Breaded Cheese Sticks w/ Marinara Cup  Caesar Salad  Fresh Orange  Skim or 1% Fat Milk	1-Feb Chicken Drumstick w/ WG Biscuit  Tater Tots  Cole Slaw  Diced Pears  Skim or 1% Fat Milk	2-Feb Cheeseburger w/ Lettuce & Tomato  Vegetarian Baked Beans  Baked Beans  Banana  Skim or 1% Fat Milk	3-Feb Cheese Pizza  Baby Carrots w/ Dressing  Spinach Salad  Apple Sauce  Skim or 1% Fat Milk

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# HS Lunch January 2023

2-Jan	3-Jan Chicken, Mashed Potato Bowl  Seasoned Carrots  Side Salad  Fresh Orange  Mango Cup  Skim or 1% Fat Milk	4-Jan Chicken Drumstick w/ WG Biscuit  Tater Tots  Cole Slaw  Diced Pears  Fresh Peach  Skim or 1% Fat Milk	5-Jan Bacon Cheeseburger w/ Lettuce & Tomato  Sweet Potato Fries  Baked Beans  Banana  Asst. Juice  Skim or 1% Fat Milk	6-Jan Cheese Pizza  Celery Sticks w/ Dressing  Caesar Salad  Fruit Cup  Fresh Apple  Skim or 1% Fat Milk
9-Jan Chicken Nuggets w/ WG Dinner Roll  Seasoned Carrots  Spinach Salad  Fruit Punch  Fresh Pear  Skim or 1% Fat Milk	10-Jan Bacon Cheeseburger w/ Lettuce & Tomato  Vegetarian Baked Beans  Cole Slaw  Fresh Orange  Mango Cup  Skim or 1% Fat Milk	11-Jan Chicken & Waffles  Mashed Potatoes  Seasoned Collards  Diced Pears  Fresh Peach  Skim or 1% Fat Milk	12-Jan Meatball Sub w/ Marinara  Crispy Baked Fries  Celery Sticks w/ Dressing  Banana  Asst. Juice  Skim or 1% Fat Milk	13-Jan Deep Dish Pizza  Baby Carrots w/ Dressing  Caesar Salad  Grape Juice  Fresh Apple  Skim or 1% Fat Milk
16-Jan	17-Jan Chicken, Mashed Potato Bowl  Seasoned Carrots  Side Salad  Fresh Orange  Mango Cup  Skim or 1% Fat Milk	18-Jan Chicken Drumstick w/ WG Biscuit  Tater Tots  Cole Slaw  Diced Pears  Fresh Peach  Skim or 1% Fat Milk	19-Jan Bacon Cheeseburger w/ Lettuce & Tomato  Sweet Potato Fries  Baked Beans  Banana  Asst. Juice  Skim or 1% Fat Milk	20-Jan Cheese Pizza  Celery Sticks w/ Dressing  Caesar Salad  Fruit Cup  Fresh Apple  Skim or 1% Fat Milk
23-Jan Chicken Nuggets w/ WG Dinner Roll  Seasoned Carrots  Spinach Salad  Fruit Punch  Fresh Pear  Skim or 1% Fat Milk	24-Jan Bacon Cheeseburger w/ Lettuce & Tomato  Vegetarian Baked Beans  Cole Slaw  Fresh Orange  Mango Cup  Skim or 1% Fat Milk	25-Jan Chicken & Waffles  Mashed Potatoes  Seasoned Collards  Diced Pears  Fresh Peach  Skim or 1% Fat Milk	26-Jan Deep Dish Pizza  Baby Carrots w/ Dressing  Caesar Salad  Grape Juice  Fresh Apple  Skim or 1% Fat Milk	27-Jan No Classes for Scholars
30-Jan Chicken Bowl w/ Corn, Mashed Potatoes & Gravy  WG Dinner Roll  Baby Carrots  Fruit Punch  Fresh Pear  Skim or 1% Fat Milk	31-Jan WG Breaded Mozzarella Sticks w/ Marinara Cup  Seasoned Cauliflower  Side Salad  Fresh Orange  Mango Cup  Skim or 1% Fat Milk	1-Feb Chicken Drumstick w/ WG Biscuit  Tater Tots  Cole Slaw  Diced Pears  Fresh Peach  Skim or 1% Fat Milk	2-Feb Bacon Cheeseburger w/ Lettuce & Tomato  Sweet Potato Fries  Baked Beans  Banana  Asst. Juice  Skim or 1% Fat Milk	3-Feb Cheese Pizza  Celery Sticks w/ Dressing  Caesar Salad  Fruit Cup  Fresh Apple  Skim or 1% Fat Milk

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# Supper January 2023

2-Jan	3-Jan Crispy Chicken Sandwich Crispy Fries Fruit Cup Skim or 1% Fat Milk	4-Jan Salisbury Steak w/ WG Biscuit Collard Greens Banana Skim or 1% Fat Milk	5-Jan Chicken Teriyaki w/ Fried Rice Stir Fry Vegetables Pineapple Cup Skim or 1% Fat Milk	6-Jan Beef Tacos w/ Salsa, Lettuce & Tomato Seasoned Corn Apple Sauce Skim or 1% Fat Milk
9-Jan Pasta w/ Meatsauce Seasoned Broccoli Fresh Apple Skim or 1% Fat Milk	10-Jan Chicken Drumstick w/ WG Biscuit Oven Baked Fries Pineapple Cup Skim or 1% Fat Milk	11-Jan Cheeseburger w/ Lettuce & Tomato Baked Beans Banana Skim or 1% Fat Milk	12-Jan WG Breaded Mozzarella Sticks w/ Marinara Cup Caesar Salad Orange Juice Skim or 1% Fat Milk	13-Jan Chicken Bowl w/ Corn, Mashed Potatoes & Gravy WG Dinner Roll Apple Sauce Skim or 1% Fat Milk
16-Jan	17-Jan Crispy Chicken Sandwich Crispy Fries Fruit Cup Skim or 1% Fat Milk	18-Jan Salisbury Steak w/ Dinner Roll Collard Greens Banana Skim or 1% Fat Milk	19-Jan Chicken Teriyaki w/ Fried Rice Stir Fry Vegetables Pineapple Cup Skim or 1% Fat Milk	20-Jan Beef Tacos w/ Salsa, Lettuce & Tomato Seasoned Corn Apple Sauce Skim or 1% Fat Milk
23-Jan Pasta w/ Meatsauce Seasoned Broccoli Fresh Apple Skim or 1% Fat Milk	24-Jan Chicken Drumstick w/ WG Biscuit Oven Baked Fries Pineapple Cup Skim or 1% Fat Milk	25-Jan Cheeseburger w/ Lettuce & Tomato Baked Beans Banana Skim or 1% Fat Milk	26-Jan Chicken Bowl w/ Corn, Mashed Potatoes & Gravy WG Dinner Roll Apple Sauce Skim or 1% Fat Milk	27-Jan No Classes for Scholars
30-Jan Pizza Crunchers w/ Marinara Caesar Salad Fresh Apple Skim or 1% Fat Milk	31-Jan Chicken Drumstick w/ WG Biscuit Seasoned Carrots Pineapple Cup Skim or 1% Fat Milk	1-Feb Salisbury Steak w/ Dinner Roll Collard Greens Banana Skim or 1% Fat Milk	2-Feb Chicken Teriyaki w/ Fried Rice Stir Fry Vegetables Orange Juice Skim or 1% Fat Milk	3-Feb Beef Tacos w/ Salsa, Lettuce & Tomato Seasoned Corn Apple Sauce Skim or 1% Fat Milk

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