

January

2023



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
CLOSED	Cereal Orange Milk ^{1*}	Hard Boiled Eggs ² WG Pancake ¹²³⁶ Pineapple Milk ^{1*}	Whole Wheat Pita Bread ³⁶ Provolone Cheese ¹ Banana Milk ^{1*}	Oatmeal ¹ Melon Milk ^{1*}
09	10	11	12	13
Cereal Orange Milk ^{1*}	Turkey Sausage Patty WG Pancake ¹²³⁶ Melon Milk ^{1*}	Yogurt ¹ Pineapple Milk ^{1*}	Oatmeal ¹ Banana Milk ^{1*}	Cereal Melon Milk ^{1*}
16	17	18	19	20
CLOSED	Cereal Orange Milk ^{1*}	Hard Boiled Eggs ² Whole wheat bread ³⁶ Banana Milk ^{1*}	Whole Wheat Pita Bread ³⁶ Provolone Cheese ¹ Pineapple Milk ^{1*}	Oatmeal ¹ Melon Milk ^{1*}
23	24	25	26	27
Cereal Orange Milk ^{1*}	Turkey Sausage Patty WG Pancake ¹²³⁶ Melon Milk ^{1*}	Yogurt ¹ Banana Milk ^{1*}	Oatmeal ¹ Melon Milk ^{1*}	Cereal Milk ^{1*}
30	31	01	02	03
Cereal Orange Milk ^{1*}	Hard Boiled Eggs ² Whole grain waffle ¹²³⁶ Banana Milk ^{1*}	Whole Wheat Pita Bread ³⁶ Cream Cheese ¹ Pineapple Milk ^{1*}	Oatmeal ¹ Melon Milk ^{1*}	Cereal Melon Milk ^{1*}

Notes: This menu is subject to change


Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷ Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
02 CLOSED	03 Black Beans ⁵ Green Salad Brown rice Apple Milk* ¹	04 WW Pasta w/ beef, cheese & tomatoes ¹³ Cucumber Melon Milk* ¹	05 Tuna Fried Rice w/ peas & carrots ⁴⁶ Green Salad Melon Milk* ¹	06 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³⁶ Orange Milk* ¹
09 Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	10 Chicken Alfredo ¹ Green Salad Whole wheat pasta ³ Orange Milk* ¹	11 Spanish Tortilla ¹² Coleslaw Ww pita bread ³⁶ Melon Milk* ¹	12 Beef w/ Fried rice w/ peas & carrots ⁶ Green Salad Pineapple Milk* ¹	13 Chicken Stir Fry w/ green beans ⁶ Barley&Quinoa ³ Melon Milk* ¹
16 CLOSED	17 Vegetarian Chili w/ tomatoes & corn ⁵ Brown rice Apple Milk* ¹	18 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	19 Beef & corn tacos Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Pineapple Milk* ¹	20 Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Cucumbers Orange Milk* ¹
23 Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	24 Chicken Paella w/ green beans & peppers Green Salad Pineapple Milk* ¹	25 Beef Stir Fry w/ green beans ⁶ Barley & Quinoa ³ Melon Milk* ¹	26 Black Beans ⁵ Green Salad Brown rice Orange Milk* ¹	27 Chicken Stew w/ celery, carrots & potatoes Barley & Quinoa ³ Melon Milk* ¹
30 Black Beans ⁵ Green Salad Brown rice Apple Milk* ¹	31 WW Pasta w/ beef, cheese & tomatoes ¹³ Cucumber Melon Milk* ¹	01 Tuna Fried Rice w/ peas & carrots ⁴⁶ Green Salad Pineapple Milk* ¹	02 International Day 	03 Beef & corn tacos Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Orange Milk* ¹

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
02 CLOSED	03 Cheese ¹ Melon	04 Pretzels ³⁶ Orange	05 Yogurt ¹ Strawberries	06 Apple Muffin ¹²³⁶ Pineapple
09 Cheese ¹ Banana	10 WW Animal Crackers ³⁶ Pineapple	11 WG Goldfish ¹³ Melon	12 Yogurt ¹ Orange	13 Pretzels ³⁶ Melon
16 CLOSED	17 WG Cheez it crackers ¹³⁶ Banana	18 Yogurt ¹ Orange	19 WW Animal Crackers ³⁶ Melon	20 WG Goldfish ¹³ Strawberries
23 Graham Crackers ³⁶ Pineapple	24 WG Goldfish ¹³ Orange	25 Pretzels ³⁶ Melon	26 WW Animal Crackers ³⁶ Pineapple	27 Apple Muffin ¹²³⁶ Melon
30 Pretzels ³⁶ Orange	31 Yogurt ¹ Melon	01 Apple Muffin ¹²³⁶ Pineapple	02 WG Cheez it crackers ¹³⁶ Strawberries	03 Cheese ¹ Banana

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Snack