January
BREAKFAST

revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
No School 1	**No School** 2	• SHELF STABLE Cinnamon Chex/Honey Grahams • Apple Sauce • Choice of Milk 3	• Yogurt/Skeeter HONEY Grahams • Cheerios (DF) • Fresh Fruit • Choice of Milk 4	• COLD Turkey and Cheddar Brekwich (English Muffin)Fresh Fruit • Choice of Milk 5
• Multigrain Cheerios (DF) • Yogurt/Granola/ Fruit • Choice of Milk 8	• French Toast Muffin • Fresh Fruit • Choice of Milk 9	• Cheerios (DF) • Breakfast Cinnamon Crumble • Fresh Fruit • Choice of Milk 10	• Bagel/Cream cheese • Fresh Fruit • Choice of Milk 11	• Lemon Muffin • Fresh Fruit • Choice of Milk 12
No School 15	• Corn Chex (DF) • **Whole Grain Corn Chex** with Whole Grain Strawberry Zac Attack Bar and Fruit • Choice of Milk 16	• Breakfast Cinnamon Crumble • String Cheese/Skeeter CINN Grahams • Fresh Fruit • Choice of Milk 17	• Apple Muffin • Fresh Fruit • Choice of Milk 18	• Plain Whole Wheat Bagel/Cream cheese • Multigrain Cheerios (DF) • Fresh Fruit • Choice of Milk 19
• Skeeter HONEY Grahams/Cinnamon Rumbles (DF) • Fresh Fruit • Choice of Milk 22	• Plain Whole Wheat Bagel/Cream cheese • Fresh Fruit • Choice of Milk 23	• Yogurt/Granola/ Fruit • Fresh Fruit • Choice of Milk 24	• Blueberry Muffin • Multigrain Cheerios (DF) • Fresh Fruit • Choice of Milk 25	• Breakfast Cinnamon Crumble • Fresh Fruit • Choice of Milk 26
• Multigrain Cheerios (DF) • Fresh Fruit • Choice of Milk 29	• Lemon Muffin • Fresh Fruit • Choice of Milk 30	• Blueberry Burst Whole Grain Bagel/Cream Cheese • Fresh Fruit • Choice of Milk 31		

Happy New Year!

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

This institution is an equal opportunity provider

January

LUNCH

revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
No School 1	No School 2	• Buffalo Chicken Pizza • Fresh Fruit • Choice of Milk • Fresh Veg • Steamed Corn 3	• Chicken Bites • Fresh Fruit • Choice of Milk • Fresh Veg • Chilled, Seasoned Green Beans 4	• Oven Roasted Chicken Sandwich (DF) • Fresh Fruit • Choice of Milk • Fresh Veg • Braised Greens 5
• BBQ Chicken with Cheesy Rice • Chicken Tamale with Seasoned Rice and Seasoned Black • Fresh Fruit • Choice of Milk • Fresh Veg • BeansGreen Peas 8	• General Tso's Chicken • Fresh Fruit • Choice of Milk • Fresh Veg • pinto beans with diced carrots 9	• Chicken Enchiladas • Fresh Fruit • Choice of Milk • Fresh Veg • Chilled, Seasoned Green Beans 10	• Sloppy Joe (DF) • Fresh Fruit • Choice of Milk • Fresh Veg • Chopped Lettuce and Sliced Tomatoes with RANCH 11	• Lone Star BBQ Chicken Sandwich • Fresh Fruit • Choice of Milk • Fresh Veg • Sweet Potatoes 12
No School 15	• Kickin Chicken Melt Sandwich • Fresh Fruit • Choice of Milk • Fresh Veg • Grape Tomatoes with Pinto Beans 16	• Pepper Jack Cheeseburger Fresh Fruit • Choice of Milk • Fresh Veg • Chilled, Seasoned Green Beans 17	• Oven Roasted Chicken Sandwich (DF) Fresh Fruit • Choice of Milk • Fresh Veg • Chopped Lettuce and Sliced Tomatoes with RANCH 18	• Crispy Chicken Sandwich • Fresh Fruit • Choice of Milk • Fresh Veg • Steamed Corn 19
• Spaghetti Marinara (vg) • Mighty Meaty Deli Combo Sandwich • Fresh Fruit • Choice of Milk • Fresh Veg • Green Peas 22	• Hearty Veggie Chili & Mini Cornbread Meal (VG) • Cheddar Cheese Sandwich (VG) • Fresh Fruit • Choice of Milk • Fresh Veg • Diced Carrots and Pinto Beans 23	• Chicken Taco Trio • Fresh Fruit • Choice of Milk • Fresh Veg • Chilled, Seasoned Green Beans 24	• Pizza Burger Bagel Melt • Fresh Fruit • Choice of Milk • Fresh Veg 25	• Flame Broiled Beef Cheeseburger • Fresh Fruit • Choice of Milk • Blanched Broccoli Florets with RANCH 26
• Five Cheese Lasagna (VG) • Fresh Fruit • Choice of Milk • Chilled, Seasoned Green Beans 29	• Pepper Jack Cheeseburger • Fresh Fruit • Choice of Milk • Edamame and Blanched Broccoli Florets 30	• Classic Chicken Parm Pasta • Fresh Fruit • Choice of Milk • Steamed Corn 31		

Happy New Year! What's New?

Cheesy-bite size goodness! Try our new Cheesy Bite Pizza!

Our hearty chili is now served with a delicious side of corn bread!

Look for them on the menu on January 10th and 23rd!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- Vegetable of the day

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