

**January 2019**  
**9-12 Hot Breakfast**

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
|  | <b>1</b>   | <b>2</b>  | <b>3</b>  | <b>4</b>  |
|               | <b>No Service</b>  | 4 oz 100% Juice (15)<br>½ c Fresh Orange (15)<br>2 oz Lemon Chip Bar [2OEG] (42)<br>Milk (12)                             | 4 oz 100% Juice (15)<br>½ c Banana (15)<br>2 oz WG Bagel [2OEG] (35)<br>Jelly Cup (9)<br>Milk (12)  | 4 oz 100% Juice (15)<br>½ c Fresh Apple (15)<br>1 oz Apple Zing [1OEG] (19)<br>Milk (12)      |
| <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10</b>   | <b>11</b>   |
| 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>2 oz Triple Berry Bar [2OEG] (20)<br>Milk (12)   | 4 oz 100% Juice (15)<br>¼ c Craisins (28)<br>WG Breakfast Pizza [1.5OEG, 1MMA] (27)<br>Milk (12)                       | 4 oz 100% Juice (15)<br>½ c Fresh Orange (15)<br>2 oz Crunch Mania [2OEG] (37)<br>Milk (12)                               | 4 oz 100% Juice (15)<br>½ c Banana (15)<br>2 WG French Toast Sticks [1MMA, 1OEG] (15)<br>Syrup Cup (31)<br>Milk (12)                              | 4 oz 100% Juice (15)<br>½ c Fresh Apple (15)<br>1 oz Trix Cereal [1OEG] (24)<br>Milk (12)     |
| <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>   | <b>18</b>   |
| 4 oz 100% juice (15)<br>½ c Berry Cup (15)<br>2 oz Lemon Crunch Bar [2OEG] (42)<br>Milk (12)   | 4 oz 100% Juice (15)<br>¼ c Craisins (28)<br>WG Breakfast Slider [1.25 OEG, 0.75MMA] (28)<br>Milk (12)                 | 4 oz 100% Juice (15)<br>½ c Fresh Orange (15)<br>1 oz Maple Oat Bar [1OEG] (28)<br>1 oz String Cheese [1MMA]<br>Milk (12) | 4 oz 100% Juice (15)<br>½ c Banana (15)<br>WG English Muffin [2OEG] (24)<br>Jelly Cup (9)<br>Milk (12)  | 4 oz 100% Juice (15)<br>½ c Fresh Apple (15)<br>1 oz Strawberry Bar [1 OEG] (23)<br>Milk (12) |
| <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>   | <b>25</b>   |
| 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>2 oz Cherry Granola Bar [2OEG] (43)<br>Milk (12) | 4 oz 100% Juice (15)<br>¼ c Craisins (28)<br>2 WG French Toast Sticks [1MMA, 1OEG] (15)<br>Syrup Cup (12)<br>Milk (12) | 4 oz 100% Juice (15)<br>½ c Fresh Orange (15)<br>2 oz Lemon Chip Bar [2OEG] (42)<br>Milk (12)                             | 4 oz 100% Juice (15)<br>½ c Banana (15)<br>2 WG Chicken Nuggets [0.75MMA, 0.25OEG]<br>2oz Mini Biscuit [2OEG] (28)<br>Syrup Cup (29)<br>Milk (12) | 4 oz 100% Juice (15)<br>½ c Fresh Apple(15)<br>1 oz Apple Zing [1OEG] (19)<br>Milk (12)       |
| <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>31</b>   |   |
| 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>2 oz Triple Berry Bar [2OEG] (30)<br>Milk (12)   | 4 oz 100% Juice (15)<br>¼ c Craisins (28)<br>2 oz WG Bagel [2OEG] (35)<br>Jelly Cup (9)<br>Milk (12)                   | 4 oz 100% juice (15)<br>½ c Fresh Orange (15)<br>2 oz Crunch Mania [2OEG] (37)<br>Milk (12)                               | 4 oz 100% Juice (15)<br>½ c Banana (15)<br>WG Breakfast Pizza [1.5OEG, 1MMA] (27)<br>Milk (12)  | <b>***Menu Subject to Change***</b>   |

**innovation foods**

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This institution is an equal opportunity provider.

# January 2019

## 9-12 Lunch

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
|  | 1   | 2 Hot Dog   | 3 Chicken Patty   | 4 Taco Pizza Bite  |
|   | No Service  | 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>1c BBQ Beans (45)<br>2 oz Turkey Hot Dog<br>2 oz WG Bun [2 OEG] (21)<br>Mustard/Ketchup (3)<br>Milk (12)                                    | 4 oz 100% Juice (15)<br>½ c Fresh Orange (28)<br>1c Kernel Corn (18)<br>2 oz Chicken Patty on<br>WG Bun [2OEG] (19)<br>BBQ Packet<br>Milk (12)                        | 4 oz 100% Juice (15)<br>½ c Fresh Banana (15)<br>1c Broccoli (6)<br>3 Taco Pizza Bites [2MMA,<br>2OEG] (30)<br>Taco Sauce Packet<br>Milk (12)  |
| 7 Chicken Burrito  | 8 Cheese Pizza  | 9 French Toast & Sausage  | 10 Turkey Sandwich  | 11 Spaghetti & Meat Sauce  |
| 4 oz 100% Juice (15)<br>¼ c Craisins (28)<br>1c Black Beans (16) w/<br>2oz Salsa<br>1.5 oz Chicken<br>0.5 oz Cheddar Cheese<br>10" WG Tortilla [2OEG] (34)<br>Milk (12)                        | 4 oz 100% Juice (15)<br>½ c Fresh Apple (15)<br>1c Baby Carrots (20)<br>WG Cheese Pizza<br>[2MMA, 2OEG] (24)<br>Ranch Packet<br>Milk (12)   | 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>1c Tater Tots (24)<br>2 WG French Toast Sticks<br>[2OEG] (22)<br>2 oz Turkey Sausage<br>[2MMA]<br>Syrup Cup (31) Ketchup<br>Milk(12)        | 4 oz 100% Juice (15)<br>½ c Fresh Orange(15)<br>1c Sided Salad<br>1.5 oz Turkey<br>0.5 oz Swiss Cheese on<br>2 oz WG Bread [2OEG] (24)<br>Mayo/Ranch<br>Milk (12)     | 4 oz 100% Juice (15)<br>½ c Fresh Banana (15)<br>1c Broccoli (6)<br>½ c WG Rotini [1OEG] (45)<br>1.5 oz Ground Beef<br>0.5 oz Mozzarella Cheese<br>2 oz Marinara Sauce<br>1 oz Breadstick [1OEG] (14)<br>Milk (12) |
| 14 Cheese Quesadilla   | 15 Chicken Nuggets  | 16 Mac n' Cheese  | 17 Hamburger  | 18 Chicken Bowl  |
| 4 oz 100% Juice (15)<br>¼ c Craisins (28)<br>1c Green Beans (10)<br>WG Cheese Quesadilla<br>[2MMA, 2OEG] (39)<br>Taco Sauce Packet<br>Milk (12)  | 4 oz 100% Juice (15)<br>½ c Fresh Apple (15)<br>1c Hickory Beans (52)<br>5 WG Chicken Nuggets<br>[2MMA, 1OEG] (34)<br>1oz WG Cookie [1OEG]<br>(18)<br>BBQ Packet<br>Milk (12)                 | 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>1c Broccoli (6)<br>2 oz Cheese Sauce<br>1 c WG Rotini [2OEG] (41)<br>1 oz Shredded Cheese<br>Milk (12)                                      | 4 oz 100% Juice (15)<br>½ c Fresh Orange (15)<br>1c Diced Carrots (10)<br>2 oz Beef Patty<br>2oz WG Bun [2OEG] (19)<br>Ketchup/Mustard<br>Milk (12)                   | 4 oz 100% Juice (15)<br>½ c Fresh Banana (15)<br>½ c Mashed Potatoes (10)<br>½ c Kernel Corn (9)<br>2 oz Popcorn Chicken<br>[2MMA, 2OEG] (14)<br>Gravy<br>Milk (12)  |
| 21 Salisbury Steak   | 22 Chicken Parmesan   | 23 Egg & Cheese Muffin  | 24 Double Stuffed Pizza   | 25 Cheesy Rice & Chicken   |
| 4 oz 100% Juice (15)<br>¼ c Craisins (28)<br>1c Diced Carrots (10)<br>2 oz Homemade Salisbury<br>Steak w/ Gravy<br>½ c WG Pasta [1OEG] (45)<br>1 oz Graham Cracker<br>[1OEG] (11)<br>Milk (12) | 4 oz 100% Juice (15)<br>½ c Fresh Apple (15)<br>1c Broccoli (6)<br>2 oz Chicken Breast<br>0.5 oz Cheese<br>½ c WG Penne Pasta<br>[1OEG] (45)<br>1oz WG Breadstick<br>[1OEG] (14)<br>Milk (12) | 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>1c Tater Tots (24)<br>1.5 oz Scrambled Egg Patty<br>0.5 oz American Cheese<br>2 oz WG English Muffin<br>[2OEG] (24)<br>Ketchup<br>Milk (12) | 4 oz 100% Juice (15)<br>½ c Fresh Orange(15)<br>¼ c Green Beans (7)<br>WG Stuffed Cheese Pizza<br>[2MMA, 2 OEG] (34)<br>¼ c Marinara (7)<br>Milk (12)                 | 4 oz 100% Juice (15)<br>½ c Fresh Banana (15)<br>1c Baked Beans (52)<br>2 oz Chicken over<br>1 c Cheesy Rice [2OEG] (55)<br>Milk (12)  |
| 28 BBQ Chicken & Rice  | 29 Hot Dog  | 30 Chicken n' Biscuits  | 31 Turkey Dinner  |  |
| 4 oz 100% Juice (15)<br>½ c Craisins (28)<br>1c Diced Carrots (10)<br>2 oz BBQ Chicken<br>½ c Brown Rice [1OEG]<br>1oz WG Cookie [1OEG]<br>(18)<br>Milk (12)                                   | 4 oz 100% Juice (15)<br>½ c Fresh Apple(15)<br>1c Green Beans (10)<br>2 oz Turkey Hot Dog<br>2 oz WG Bun [2OEG] (21)<br>Mustard/Ketchup (3)<br>Milk (12)                                      | 4 oz 100% Juice (15)<br>½ c Berry Cup (15)<br>1 c Broccoli (6)<br>5 WG Chicken Nuggets<br>[2MMA, 1OEG] (24)<br>1oz WG Biscuit [1OEG] (14)<br>Honey Packet (7)<br>Milk (12)                | 4 oz 100% Juice (15)<br>½ c Fresh Orange (15)<br>½ c Mashed Potatoes (10)<br>½ c Kernel Corn (18)<br>2 oz Turkey w/ Gravy<br>2 oz Dinner Roll [2OEG] (26)<br>Milk(12) | <b>***Menus Subject to Change***</b>   |

