



Nonfat Chocolate Milk or 1% Milk is served with all meals. Peanut Butter and Jelly Sandwiches are available every day as a menu alternative. All breads, pastas, rice, wraps, tortillas, & other baked goods are 51% or more whole grain. Our Healthy Choice Bar offers a selection of fruit and fresh vegetables daily with seasonal variations.

# January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 WINTER BREAK NEW YEARS DAY!	2 WINTER BREAK	3 WINTER BREAK	4
5 Blueberry Waffles Greek Yogurt or Turkey Sausage Healthy Choice Bar	6 Chicken Salad Sandwich Healthy Choice Bar	7 Domino's Pizza Healthy Choice Bar	8 BBQ Chicken on Whole Grain Bun Mashed Potatoes Healthy Choice Bar	9 Hearty Bean Soup Soft Bread Stick String Cheese Healthy Choice Bar	10	11
12 Breakfast Wrap Greek Yogurt or Turkey Sausage Healthy Choice Bar	13 Tangerine Chicken Brown Rice Healthy Choice Bar	14 Domino's Pizza Healthy Choice Bar	15 Meatball Sandwich BBQ Beans Healthy Choice Bar	16 NO SCHOOL	17	18
19	20 MLK HOLIDAY	21 Turkey Patty on Whole Grain Bun Chicken Noodle Soup Healthy Choice Bar	22 Domino's Pizza Healthy Choice Bar	23 Turkey & Bean Chili Shredded Cheese Corn Chips Healthy Choice Bar	24 Fajita Black Bean Salsa Healthy Choice Bar	25
26	27 Mini Pancakes Greek Yogurt or Turkey Sausage Healthy Choice Bar	28 Teriyaki Chicken Brown Rice Healthy Choice Bar	29 Domino's Pizza Healthy Choice Bar	30 Bean & Cheese Burrito with Salsa Healthy Choice Bar	31 Tuna Salad on Whole Grain Bun PBJ Graham Crax Healthy Choice Bar	