







January 2017: K-5 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  SCHOOL CLOSED	3 Frosted Flakes- Multigrain Fresh Apple Diced Pears 1% or Skim Milk	4 Toasted Cheese Sandwich Fresh Banana Applesauce 1% or Skim Milk	5 Cinnamon Toast Crunch Blueberry Muffin 100% Orange Juice Fresh Apple 1% or Skim Milk	6 Mini Waffles Syrup Tropical Fruit Cup Fresh Apple 1% or Skim Milk
9 Egg and Cheese breakfast sandwich Craisins 100% Orange Juice 1% or Skim Milk	10 Whole Wheat Bagel Cream Cheese/Jelly Diced Peaches Fresh Apple 1% or Skim Milk	11 Cherry Vanilla Yogurt Nature Valley Granola Bar Applesauce Fresh Apple 1% or Skim Milk	12 Banana Loaf Cheese Stick Tangerine Fresh Apple 1% or Skim Milk	13 Buttermilk Biscuit Turkey Sausage 100% Orange Juice Fresh Apple 1% or Skim Milk
16  SCHOOL CLOSED	17 Frosted Flakes- Multigrain Fresh Apple 100% Orange Juice 1% or Skim Milk	18 Toasted Cheese Sandwich Applesauce Tropical Fruit Cup 1% or Skim Milk	19 Egg and Cheese breakfast sandwich Fresh Apple Diced Pineapples 1% or Skim Milk	20 Mini Waffles Syrup Fresh Apple Mandarin Oranges 1% or Skim Milk
23 Cinnamon Toast Crunch Cheese Stick Fresh Apple 100% Orange Juice 1% or Skim Milk	24 Professional Development Day  SCHOOL CLOSED	25 Cherry Vanilla Yogurt Nature Valley Granola Bar Fresh Apple Applesauce 1% or Skim Milk	26 Banana Loaf Cheese Stick Tangerine Fresh Apple 1% or Skim Milk	27 Buttermilk Biscuit Turkey Sausage Craisins Fresh Apple 1% or Skim Milk
30 Whole Wheat Bagel Cream Cheese/Jelly Fresh Apple Diced Pears 1% or Skim Milk	31 Frosted Flakes- Multigrain Cheese Stick 100% Orange Juice Diced Pears 1% or Skim Milk			

Offered Daily: Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal



January 2017: K-5 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>SCHOOL CLOSED</p>	<p>3</p> <p>Spaghetti and Meat Sauce</p> <p style="text-align: center;"><u>Broccoli</u> <u>Steamed Corn</u> <u>Apples Slices</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>4</p> <p>Macaroni and Cheese</p> <p style="text-align: center;"><u>Mixed Vegetables</u> <u>Mandarin Oranges</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>5</p> <p>Grilled Cheese</p> <p style="text-align: center;"><u>Broccoli</u> <u>Baked Beans</u> <u>Sliced Apples</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>6</p> <p>Pizza- Whole Wheat</p> <p style="text-align: center;"><u>Steamed Carrots</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>9</p> <p>Spaghetti and Meat Sauce</p> <p style="text-align: center;"><u>Mixed Vegetables</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>10</p> <p>Beef and Cheese Quesadilla Salsa Cup</p> <p style="text-align: center;"><u>Bean Salad</u> <u>Diced Pears</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>11</p> <p>Macaroni and Cheese</p> <p style="text-align: center;"><u>Broccoli</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>12</p> <p>Hot Turkey and Cheese Sandwich</p> <p style="text-align: center;"><u>French Fries</u> <u>Steamed Carrots</u> <u>Fresh Tangerine</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>13</p> <p>Pizza- Whole Wheat Pepperoni Topping</p> <p style="text-align: center;"><u>Green Garden Salad</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>16</p>  <p>SCHOOL CLOSED</p>	<p>17</p> <p>Cheeseburger</p> <p style="text-align: center;"><u>Steamed Carrots and Broccoli</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>18</p> <p>Asian Chicken Brown Rice/Kidney Beans</p> <p style="text-align: center;"><u>Stir-fry Vegetables</u> <u>Mandarin Oranges</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>19</p> <p>Grilled Cheese</p> <p style="text-align: center;"><u>Green Garden Salad</u> <u>Tangerine</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>20</p> <p>Chicken Nuggets</p> <p style="text-align: center;"><u>Potato Wedges</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>23</p> <p>Spaghetti and Meat Sauce</p> <p style="text-align: center;"><u>Steamed Corn</u> <u>Apples Slices</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>24</p> <p>Professional Development Day</p>  <p>SCHOOL CLOSED</p>	<p>25</p> <p>Teriyaki Chicken Brown Rice/Kidney Beans</p> <p style="text-align: center;"><u>Mixed Vegetables</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>26</p> <p>Macaroni and Cheese</p> <p style="text-align: center;"><u>Baked Sweet Potatoes</u> <u>Sliced Apples</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>27</p> <p>Chicken Quesadilla Salsa Cup</p> <p style="text-align: center;"><u>Green Garden Salad</u> <u>Tangerine</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>30</p> <p>Beef and Cheese Quesadilla Salsa Cup</p> <p style="text-align: center;"><u>Bean Salad</u> <u>Diced Pears</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>31</p> <p>Chicken Nuggets</p> <p style="text-align: center;"><u>Potato Wedges</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>			

Offered Daily: Milk (1% low fat, fat free, NF chocolate milk), Seasonal Fresh Fruit, Canned Fruit, PB & J and Cheese Sandwiches

MENU IS SUBJECT TO CHANGE




January 2017: K-8 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  SCHOOL CLOSED	3 Frosted Flakes- Multigrain Cheese Stick Fresh Apple Diced Pears 1% or Skim Milk	4 Buttermilk Biscuit Turkey Sausage Patty Fresh Apple Applesauce 1% or Skim Milk	5 Hot Oatmeal Fresh Banana Craisins 1% or Skim Milk	6 Waffles Syrup Fresh Banana Tropical Fruit Cup 1% or Skim Milk
9 Whole Wheat Bagel Cream Cheese/Jelly Fresh Banana 100% Orange Juice 1% or Skim Milk	10 Pancakes Syrup Fresh Apple Diced Peaches 1% or Skim Milk	11 Cherry Vanilla Yogurt Nature Valley Granola Bar Fresh Banana Fresh Apple 1% or Skim Milk	12 Buttermilk Biscuit Turkey Sausage Patty Fresh Banana 100% Orange Juice 1% or Skim Milk	13 Waffles Syrup Fresh Banana Fresh Apple 1% or Skim Milk
16  SCHOOL CLOSED	17 Frosted Flakes- Multigrain Fresh Apple 100% Orange Juice 1% or Skim Milk	18 Waffles Syrup Applesauce Tropical Fruit Cup 1% or Skim Milk	19 Hot Oatmeal Fresh Apple Craisins 1% or Skim Milk	20 Pancakes Syrup Fresh Apple Craisins 1% or Skim Milk
23 Cinnamon Toast Crunch Cheese Stick Fresh Apple 100% Orange Juice 1% or Skim Milk	24 Professional Development Day  SCHOOL CLOSED	25 Cherry Vanilla Yogurt Nature Valley Granola Bar Fresh Apple Applesauce 1% or Skim Milk	26 Buttermilk Biscuit Turkey Sausage Patty Tangerine 100% Orange Juice 1% or Skim Milk	27 Waffles Syrup Fresh Banana Fresh Apple 1% or Skim Milk
30 Whole Wheat Bagel Cream Cheese/Jelly Fresh Apple Diced Pears 1% or Skim Milk	31 Buttermilk Biscuit Turkey Sausage Patty Craisins Diced Peaches 1% or Skim Milk			

Offered Daily: Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal

MENU IS SUBJECT TO CHANGE

January 2017: K-8 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>SCHOOL CLOSED</p>	<p>3</p> <p>Grilled Cheese</p> <p><u>Mixed Vegetables</u> <u>Steamed Corn</u> <u>Apples Slices</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>4</p> <p>Assorted Sandwiches</p> <p><u>Green Garden Salad</u> <u>Mandarin Oranges</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>5</p> <p>Macaroni and Cheese</p> <p><u>Baked Beans</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>6</p> <p>Pizza- Whole Wheat</p> <p><u>Steamed Carrots</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>9</p> <p>Chicken Nuggets</p> <p><u>French Fries</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>10</p> <p>Beef and Cheese Quesadilla</p> <p><u>Green Beans</u> <u>Diced Pears</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>11</p> <p>Spaghetti and Meatballs</p> <p><u>Steamed Carrots</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>12</p> <p>Turkey and Cheese Sandwich</p> <p><u>Broccoli</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>13</p> <p>Cheeseburger</p> <p><u>Baked Beans</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>16</p>  <p>SCHOOL CLOSED</p>	<p>17</p> <p>Chicken Nuggets</p> <p><u>French Fries</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>18</p> <p>Turkey and Cheese Sandwich</p> <p><u>Broccoli</u> <u>Mandarin Oranges</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>19</p> <p>Cheeseburger</p> <p><u>Baked Beans</u> <u>Green Beans</u> <u>Tangerine</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>20</p> <p>Pizza- Whole Wheat</p> <p><u>Carrots Snack</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>23</p> <p>Assorted Deli Sandwiches</p> <p><u>Steamed Corn</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>24</p> <p>Professional Development Day</p>  <p>SCHOOL CLOSED</p>	<p>25</p> <p>Spaghetti and Meat Sauce</p> <p><u>Mixed Vegetables</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>26</p> <p>Macaroni and Cheese Breadstick</p> <p><u>Baked Beans</u> <u>Diced Pears</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>27</p> <p>Cheeseburger</p> <p><u>Broccoli</u> <u>Steamed Carrots</u> <u>Tangerine</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>30</p> <p>Chicken Nuggets</p> <p><u>Potato Wedges</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>31</p> <p>Beef and Cheese Quesadilla</p> <p><u>Baked Beans</u> <u>Diced Pears</u></p> <p>1%, Skim, or NF Chocolate Milk</p>			

Offered Daily: Milk (1% low fat, fat free, NF chocolate milk), Seasonal Fresh Fruit, Canned Fruit, PB & J and Cheese Sandwiches




MENU IS SUBJECT TO CHANGE



January 2017 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice	<u>Must Choose One</u> 100 % Orange Juice 100% Apple Juice
<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit	<u>Must Choose One</u> Fresh Fruit Cupped Fruit
<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk	<u>Must Choose One</u> 1% White Milk Skim Milk
<u>Choose 2 from below</u> Muffin Nutri Grain Bar Cold Cereal <u>Cereal list</u> Frosted Flakes- WG Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose One</u> <i>Pancakes(2)</i> OR Bagel w/Cream Cheese OR	Bagel w/Cream Cheese OR	<u>Choose One</u> Biscuit w/Turkey Sausage OR Bagel w/Cream Cheese OR	<u>Choose One</u> <i>Waffles(2)</i> OR Bagel w/Cream Cheese OR
	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Muffin <u>Cereal list</u> Frosted Flakes- WG Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Muffin <u>Cereal list</u> Frosted Flakes- WG Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Muffin <u>Cereal list</u> Frosted Flakes- WG Multi grain Cheerios Cinnamon Toast Crunch	<u>Choose 2 from below</u> Nutri Grain Bar Cold Cereal Muffin <u>Cereal list</u> Frosted Flakes- WG Multi grain Cheerios Cinnamon Toast Crunch




January 2017: 9-12 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  SCHOOL CLOSED	3 Grilled Cheese <u>Mixed Vegetables</u> <u>Steamed Corn</u> <u>Apples Slices</u> 1%, Skim, or NF Chocolate Milk	4 Assorted Sandwiches <u>Green Garden Salad</u> <u>Mandarin Oranges</u> 1%, Skim, or NF Chocolate Milk	5 Macaroni and Cheese <u>Baked Beans</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk	6 Pizza- Whole Wheat <u>Steamed Carrots</u> <u>Diced Peaches</u> 1%, Skim, or NF Chocolate Milk
9 Chicken Nuggets PB & Jelly Sandwich <u>French Fries</u> <u>Tropical Fruit Cup</u> 1%, Skim, or NF Chocolate Milk	10 Beef and Cheese Quesadilla Cheese Sandwich <u>Green Beans</u> <u>Diced Pears</u> 1%, Skim, or NF Chocolate Milk	11 Spaghetti and Meatballs Meatball Hero <u>Steamed Carrots</u> <u>Diced Peaches</u> 1%, Skim, or NF Chocolate Milk	12 Assorted Deli Sandwiches Hero Roll <u>Broccoli</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk	13 Cheeseburger PB & Jelly Sandwich <u>Baked Beans</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk
16  SCHOOL CLOSED	17 Chicken Nuggets Cheese Sandwich <u>French Fries</u> <u>Tropical Fruit Cup</u> 1%, Skim, or NF Chocolate Milk	18 Assorted Deli Sandwiches Hero Roll <u>Broccoli</u> <u>Mandarin Oranges</u> 1%, Skim, or NF Chocolate Milk	19 Cheeseburger Cheese Sandwich <u>Baked Beans</u> <u>Green Beans</u> <u>Tangerine</u> 1%, Skim, or NF Chocolate Milk	20 Pizza- Whole Wheat PB & Jelly Sandwich <u>Carrots Snack</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk
23 Assorted Deli Sandwiches Hero Roll <u>Steamed Corn</u> <u>Fresh Apple</u> 1%, Skim, or NF Chocolate Milk	24 Professional Development Day  SCHOOL CLOSED	25 Spaghetti and Meat Sauce Cheese Sandwich <u>Mixed Vegetables</u> <u>Diced Peaches</u> 1%, Skim, or NF Chocolate Milk	26 Macaroni and Cheese Breadstick PB & Jelly Sandwich <u>Baked Beans</u> <u>Diced Pears</u> 1%, Skim, or NF Chocolate Milk	27 Cheeseburger PB & Jelly Sandwich <u>Broccoli</u> <u>Steamed Carrots</u> <u>Tangerine</u> 1%, Skim, or NF Chocolate Milk
30 Chicken Nuggets Cheese Sandwich <u>Potato Wedges</u> <u>Tropical Fruit Cup</u> 1%, Skim, or NF Chocolate Milk	31 Beef and Cheese Quesadilla PB & Jelly Sandwich <u>Baked Beans</u> <u>Diced Pears</u> 1%, Skim, or NF Chocolate Milk			

Offered Daily: Milk (1% low fat, fat free, NF chocolate milk), Seasonal Fresh Fruit, Canned Fruit, PB & J and Cheese Sandwiches




MENU IS SUBJECT TO CHANGE

January 2017: Central Campus Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  SCHOOL CLOSED	3 Frosted Flakes- Multigrain Cheese Stick Diced Pears 100% Orange Juice 1% or Skim Milk	4 Blueberry Yogurt Nature Valley Granola Bar Fresh Apple Craisins 1% or Skim Milk	5 Mini Waffles Syrup Fresh Apple Craisins 1% or Skim Milk	6 Whole Wheat Bagel Cream Cheese/Jelly Fresh Apple Tropical Fruit Cup 1% or Skim Milk
9 Cherry Vanilla Yogurt Nature Valley Granola Bar Fresh Banana 100% Orange Juice 1% or Skim Milk	10 Whole Wheat Bagel Cream Cheese/Jelly Fresh Apple Diced Peaches 1% or Skim Milk	11 Cinnamon Toast Crunch Fresh Banana Fresh Apple 1% or Skim Milk	12 Banana Loaf Cheese Stick Fresh Apple Tangerine 1% or Skim Milk	13 Mini Waffles Syrup Fresh Banana Fresh Apple 1% or Skim Milk
16  SCHOOL CLOSED	17 Frosted Flakes- Multigrain Cheese Stick Fresh Apple 100% Orange Juice 1% or Skim Milk	18 Whole Wheat Bagel Cream Cheese/Jelly Fresh Apple Applesauce 1% or Skim Milk	19 Cherry Vanilla Yogurt Nature Valley Granola Bar Fresh Banana Fresh Apple 1% or Skim Milk	20 Banana Loaf Cheese Stick Fresh Apple Mandarin Oranges 1% or Skim Milk
23 Cinnamon Toast Crunch Fresh Apple 100% Orange Juice 1% or Skim Milk	24 Professional Development Day  SCHOOL CLOSED	25 Cherry Vanilla Yogurt Nature Valley Granola Bar Fresh Banana Fresh Apple 1% or Skim Milk	26 Banana Loaf Cheese Stick Tangerine 100% Orange Juice 1% or Skim Milk	27 Whole Wheat Bagel Cream Cheese/Jelly Craisins Fresh Apple 1% or Skim Milk
30 Whole Wheat Bagel Cream Cheese/Jelly Fresh Apple Diced Pears 1% or Skim Milk	31 Mini Waffles Syrup Tangerine Fresh Apple 1% or Skim Milk			

Offered Daily: Milk (1% low fat, fat free), Seasonal Fresh Fruit, Canned Fruit, Assorted Cold Cereal




January 2017: Central Campus Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>SCHOOL CLOSED</p>	<p>3</p> <p>Grilled Cheese</p> <p><u>Mixed Vegetables</u> <u>Steamed Corn</u> <u>Apples Slices</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>4</p> <p>Assorted Sandwiches</p> <p><u>Green Garden Salad</u> <u>Mandarin Oranges</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>5</p> <p>Macaroni and Cheese</p> <p><u>Baked Beans</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>6</p> <p>Pizza- Whole Wheat</p> <p><u>Steamed Carrots</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>9</p> <p>Chicken Nuggets</p> <p><u>French Fries</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>10</p> <p>Beef and Cheese Quesadilla</p> <p><u>Green Beans</u> <u>Diced Pears</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>11</p> <p>Spaghetti and Meatballs</p> <p><u>Steamed Carrots</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>12</p> <p>Turkey and Cheese Sandwich</p> <p><u>Broccoli</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>13</p> <p>Cheeseburger</p> <p><u>Baked Beans</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>16</p>  <p>SCHOOL CLOSED</p>	<p>17</p> <p>Chicken Nuggets</p> <p><u>French Fries</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>18</p> <p>Turkey and Cheese Sandwich</p> <p><u>Broccoli</u> <u>Mandarin Oranges</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>19</p> <p>Cheeseburger</p> <p><u>Baked Beans</u> <u>Green Beans</u> <u>Tangerine</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>20</p> <p>Pizza- Whole Wheat</p> <p><u>Carrots Snack</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>23</p> <p>Ham and Cheese Sandwich</p> <p><u>Steamed Corn</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>24</p> <p>Professional Development Day</p>  <p>SCHOOL CLOSED</p>	<p>25</p> <p>Spaghetti and Meat Sauce</p> <p><u>Mixed Vegetables</u> <u>Diced Peaches</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>26</p> <p>Turkey and Cheese Sandwich</p> <p><u>Bean Salad</u> <u>Fresh Apple</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>27</p> <p>Cheeseburger</p> <p><u>Broccoli</u> <u>Steamed Carrots</u> <u>Tangerine</u></p> <p>1%, Skim, or NF Chocolate Milk</p>
<p>30</p> <p>Chicken Nuggets</p> <p><u>Potato Wedges</u> <u>Tropical Fruit Cup</u></p> <p>1%, Skim, or NF Chocolate Milk</p>	<p>31</p> <p>Beef and Cheese Quesadilla</p> <p><u>Baked Beans</u> <u>Diced Pears</u></p> <p>1%, Skim, or NF Chocolate Milk</p>			

Offered Daily: Milk (1% low fat, fat free, NF chocolate milk), Seasonal Fresh Fruit, Canned Fruit, PB & J and Cheese Sandwiches

Menu is subject to change

January 2017: Afterschool Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  SCHOOL CLOSED	3 Chocolate Chip Cookies <i>Famous Amos</i> 1%, Skim, or NF Chocolate Milk	4 Educational Snack 1%, Skim, or NF Chocolate Milk	5 Sun Chips 100% Fruit Juice- 6oz	6 Animal Crackers 1%, Skim, or NF Chocolate Milk
9 Educational Snack 1%, Skim, or NF Chocolate Milk	10 Assorted Fruit Cup Applesauce 1%, Skim, or NF Chocolate Milk	11 Chocolate Chip Cookies <i>Famous Amos</i> 1%, Skim, or NF Chocolate Milk	12 Rold Gold Pretzels 100% Fruit Juice- 6oz	13 Sun Chips 100% Fruit Juice- 6oz
16  SCHOOL CLOSED	17 Educational Snack 1%, Skim, or NF Chocolate Milk	18 Assorted Fruit Cup Applesauce 1%, Skim, or NF Chocolate Milk	19 Carrot Snack Cheese Stick 100% Fruit Juice- 6oz	20 Chocolate Chip Cookies <i>Famous Amos</i> 1%, Skim, or NF Chocolate Milk
23 Animal Crackers 1%, Skim, or NF Chocolate Milk	24 Professional Development Day  SCHOOL CLOSED	25 Rold Gold Pretzels 100% Fruit Juice- 6oz	26 Educational Snack 1%, Skim, or NF Chocolate Milk	27 Sun Chips 100% Fruit Juice- 6oz
30 Carrot Snack Cheese Stick 100% Fruit Juice- 6oz	31 Educational Snack 1%, Skim, or NF Chocolate Milk			

Offered Daily: Milk (1% low fat, fat free, NF chocolate milk), Seasonal Fresh Fruit, Canned Fruit, PB & J and Cheese Sandwiches

Menu is subject to change