

JANUARY 2018

Henderson Collegiate Charter School

Monday

Tuesday

Wednesday

Thursday

Friday

1

New Year's Day

2

Winter Break

3

Winter Break

4

Winter Break

5

Winter Break

8

Breakfast:
Cereal Bar

Lunch:
Sunbutter and Jelly
Carrot sticks (K-1)
Salad (4-11)

9

Breakfast:
Cereal Bar

Lunch:
Chicken Patty (K-8)
BBQ Riblets (9-11) w/ rice
Green Beans
Salad

10

Breakfast:
Boiled Egg w/ Muffin

Lunch:
Pasta w/ Marinara sauce
Seasoned Corn
Salad

11

Breakfast:
Super Donut

Lunch:
Hamburger w/ cheese
Sweet Potatoes
Salad

12

Breakfast:
Cinnamon Roll

Lunch:
Turkey/Ham & Cheese Sandwich
Carrot Sticks

15

Martin L King, Jr.
Day

16

Breakfast:
Yogurt
Muffin

Lunch:
PB&J Sandwich (4-11)
Cheesy Pizza w/ Green Salad (K-1)
Beans (K-1)

17

Breakfast:
Toast w/ cheese (4-8)
Cinnamon Roll (K-1 & 9-11)

Lunch:
Turkey & Cheese Sandwich (4-11)
Mini Corndogs w/ Potatoes (K-1)
Broccoli Florets (K-11)

18

Breakfast:
Waffles

Lunch:
Sunbutter and Jelly Sandwich (4-11)
Fish Patty w/ Corn (K-1)
Celery Sticks (K-11)

19

Breakfast:
Apple Frudel

Lunch:
Turkey w/ Cheese Sandwich
Carrot Sticks

22

Breakfast:
Yogurt w/ granola

Lunch:
Sweet & Sour Chicken w/ Rice
Steamed Broccoli
Mashed Sweet Potatoes

23

Breakfast:
Pancakes

Lunch:
Hamburgers w/ Cheese option
Beans
Salad

24

Breakfast:
Biscuit w/ sausage

Lunch:
Mini Corndogs
Seasoned Carrots
Green Peas

25

Breakfast:
Cinnamon French Toast

Lunch:
Fiesta Turkey w/ Tortilla Chips
Salad
Salsa

26

Breakfast:
Super Donut

Lunch:
Yogurt w/ Sunbutter
Graham Crackers
Celery Sticks

29

Breakfast:
Yogurt w/ Muffin

Lunch:
Grilled Chicken Sandwich
Navy Beans
Salad

30

Breakfast:
Cinnamon Crunchmainia

Lunch:
Crispy Fish Patty w/ Rice
Green Beans
Carrot Sticks

31

Breakfast:
Toast w/ cheese (4-8)
Cinnamon Roll (K-1 & 9-11)

Lunch:
Cheese Pizza
Seasoned Corn
Salad

Additional Daily Menu Items:

- Salad: caesar, spring mix, or green. Except on Fridays
- Milk: 1%, fat-free: regular, chocolate, or strawberry
- Fruit: banana, pear, apple or oranges.

Questions, comments or concern? Contact Preston Jackson, RD at pjackson@hendersoncollegiate.org