

# January 2023

**Drinks:** 1% White Milk, Skim Chocolate Milk, Juice offered with Breakfast  
*~serving sizes and quantity dependent on grade level*



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 No School	3 No School; Teacher Work Day	4 No School; Teacher Work Day	5 B: Muffins, Fruit L: Pasta w/Meat Sauce, Carrots, WG Roll, Fruit	6 B: Granola, Yogurt (MS/HS), Cereal (ES) Fruit L: PBJ, Deli Sandwich, Cheese, Celery, Carrots, Graham Crackers, Fruit	7 Weekend
8 Weekend	9 B: Pop Tart, Fruit L: Corn Dogs, Coleslaw, Carrots, Fruit	10 B: Super Donut, Fruit L: Cheeseburger, Green Salad, Tomatoes, Fruit	11 B: Granola w/Yogurt, Cereal, Fresh Fruit L: Chicken Fajitas, Salad, Cucumbers, Tortilla Shells, Fruit	12 B: Nutri-Grain Bar, Fruit L: Pizza, Pasta w/ Meat Sauce, Salad, Carrots, WG Rolls	13 B: Cinnamon Roll, Fruit L: PBJ/Deli Sandwich, Cheese, WG Crackers, Carrots, Celery, Fruit	14 Weekend
15 Weekend	16 Martin Luther King, Jr. Day No School	17 B: Muffins, Fruit L: Beef Hotdog, Beans, Coleslaw, Fruit	18 B: Cinnamon Roll, Fruit L: Fish Patty w/WG Bun, Salad, Cucumbers, Fruit	19 B: Cereal, Granola w/Yogurt, Fruit L: Cheeseburger, Potatoes, Carrots, Fruit	20 B: Super Donut, Fruit L: PBJ/Deli Sandwich, Cheese, Tomatoes, Broccoli, WG Crackers, Fruit	21 Weekend
22 Weekend	23 B: Cinnamon Rolls, Fruit L: Chicken Patty w/ WG Bun, Mac and Cheese, Carrots, Fruit	24 B: Nutr-Grain Bars, Fruit L: Swedish Meatballs, Rice, Corn, WG Roll, Fruit	25 B: Cereal, Granola w/Yogurt, Fruit L: Corn Dogs, Coleslaw, Celery, Carrots, Fruit	26 B: Super Donut, Fruit L: Pizza, Hamburgers, Tomatoes, Salad, Fruit	27 B: Pop Tart, Fruit L: Turkey or Ham Sandwich, PBJ, Celery, Carrots, Cheese, WG Crackers, Fruit	28 Weekend
29 Weekend	30 B: Muffins, Fruit L: Beef Hot Dogs, Coleslaw, Carrots, Fruit	31 B: Super Donut, Fruit L: Cheeseburger, Green Salad, Tomatoes, Fruit				

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