

Check out NEW menu items highlighted in **PURPLE**. Tell us what you think!

# JANUARY 2020

## Henderson Collegiate – Elementary School

Drinks: Plain 1% milk, skim chocolate and strawberry milk, and water available at breakfast and lunch

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**6**  
WINTER BREAK  
NO SCHOOL

**7**  
WINTER BREAK  
NO SCHOOL

**1**  
WINTER BREAK  
NO SCHOOL

**2**  
WINTER BREAK  
NO SCHOOL

**3**  
WINTER BREAK  
NO SCHOOL

**13**  
Bagel, Peanut Butter  
Fresh Fruit  
PBJ or Turkey Ham & Cheese Sandwich  
Carrots, Fruitable  
Fresh Fruit

**14**  
Cereal Bars (2)  
Fresh Fruit  
Hamburger with WG Bun  
Kidney Beans  
Tossed Salad  
Fresh Fruit

**15**  
Cinnamon Roll  
Fresh Fruit  
Classic Chicken Sandwich  
Choice of Sauce: BBQ or Spicy Ranch  
Creamy Corn, Fresh Green Salad  
Fresh Fruit

**16**  
Yogurt, Granola  
Fresh Fruit  
HC Nacho Bar! Ground beef, sour cream,  
shredded cheddar, chopped lettuce, sassy  
salsa, WG chips  
Fiesta Black Beans  
Fresh Fruit

**17**  
Superdonut  
Fresh Fruit  
PBJ or Turkey Ham & Cheese Sandwich  
Baby Carrots, Celery Sticks  
Fresh Fruit

**20**  
HOLIDAY  
NO SCHOOL

**21**  
Yogurt, WG Muffin  
Fresh Fruit  
PBJ Sandwich  
3 Bean Salad, Fruitable  
Fresh Fruit

**22**  
Bagel, Peanut Butter  
Fresh Fruit  
Turkey Ham & Cheese Sandwich  
Potato Salad, Fruitable  
Fresh Fruit

**23**  
Appleways  
Fresh Fruit  
**Homemade Ham & Cheese**  
Carrots, Fruitable  
Sunchips  
Fresh Fruit

**24**  
Cereal Bars (2)  
Fresh Fruit  
PBJ Sandwich  
Carrots, Broccoli  
Cheese Stick  
Fresh Fruit

**27**  
Apple Frudel, Cheese Stick  
Fresh Fruit  
HC Nachos  
(kidney/pinto/turkey mix; cheddar, sassy  
salsa, chopped lettuce, corn, WG yellow  
corn tortilla chips)  
Fresh Fruit

**28**  
WG Biscuit, Butter, Jam  
Fresh Fruit  
Winter Ragù (meaty red sauce) over WG  
Spiral Pasta, Parmesan Cheese  
Fresh Green Salad, Cherry Tomatoes  
WG Roll  
Fresh Fruit

**29**  
Cinnamon Roll  
Fresh Fruit  
Chicken Fajita (2 WG tortillas)  
Chili Lime Corn Salad  
Mexican Jumping Beans  
Fresh Fruit

**30**  
Cereal Bars (2)  
Fresh Fruit  
Breakfast for Lunch:  
Omelet, WG Pancakes  
Spinach Salad  
Fresh Fruit

**31**  
Poptarts (2)  
Fresh Fruit  
**Homemade Ham & Cheese Sandwich**  
Cucumber Sticks, Baby Carrots  
Fresh Fruit  
Sunchips