

January

Student's Name _____

Circle Your Menu Selections

7	8	9	10	11
<u>Breakfast Bagel</u> Sausage and cheddar bagel sandwich w/yogurt parfait <u>Yogurt Parfait</u> With granola & seasonal fruit	<u>Cheese Quesadilla</u> Pinto Bean Salad w/fruit <u>Chicken Taco Salad</u> Pinto Bean Salad Greens w/ Corn Chips	<u>Cheese Pizza</u> Garden salad and fruit <u>Turkey Wrap</u> Seasonal Fruit <u>Garden Salad</u>	<u>Teriyaki Chicken</u> w/steamed rice <u>Veggie Bagel</u> Seasonal Fruit <u>Garden Salad</u>	<u>Bean and Cheese</u> <u>Burrito</u> Rice and Vegetables <u>Chicken Wrap</u> Rice and Vegetables
14	15	16	17	18
<u>Natural Hot Dog</u> Veggies w/dip <u>Veggie Cheddar Wrap</u> Seasonal Fruit <u>Garden Salad</u>	<u>Burger</u> Fruit and Veggies Made with ground Turkey <u>Cheese Burger</u> Fruit and Veggies Made with ground Turkey <u>Hummus Wrap</u> Seasonal Fruit <u>Garden Salad</u>	<u>Chicken Nuggets</u> Garden salad and fruit <u>Veggie Sandwich</u> Veggie w/dip <u>Garden Salad</u>	<u>Minestrone Soup</u> Salad & Crackers <u>Turkey Wrap</u> Garden salad and fruit <u>Chef Salad</u>	<u>Hot Turkey &</u> <u>Cheddar Bagel</u> Fruit & w/Corn Chips <u>Veggie Bagel</u> Fruit & w/Corn Chips <u>Garden Salad</u>
21	22	23	24	25
Martin Luther King's Birthday No School	<u>Crispy Chicken</u> <u>Sandwich</u> Fruit & Veggies <u>Crispy Chicken</u> <u>Sandwich w/Cheese</u> Fruit & Veggies <u>Veggie Bagel</u> Fruit & Veggies <u>Garden Salad</u>	<u>Cheese Pizza</u> Garden salad and Fruit <u>Turkey Wrap</u> Seasonal Fruit <u>Garden Salad</u>	<u>Breakfast for Lunch</u> Pancakes w/fresh fruit w/ pork sausage <u>Breakfast for Lunch</u> Pancakes w/fresh fruit w/ granola yogurt <u>Yogurt Parfait</u> With granola	<u>Bean & Cheese</u> <u>Tostadas</u> Seasonal Fruit <u>Turkey Sandwich</u> Seasonal Fruit <u>Garden Salad</u>
28	29	30	31	1
<u>Natural Hot Dog</u> Veggies w/dip <u>Veggie Cheddar Wrap</u> Seasonal Fruit <u>Garden Salad</u>	<u>BBQ Chicken</u> <u>Sandwich</u> Apple Sauce <u>Hummus Wrap</u> Seasonal Fruit <u>Chef Salad</u>	<u>Chicken Nuggets</u> Garden salad and fruit <u>Veggie Bagel</u> Seasonal Fruit <u>Garden Salad</u>	<u>Pizza Bagel</u> Tomato sauce and mozzarella Fruit and Carrots w/Corn Chips <u>Turkey Bagel</u> <u>Sandwich</u> Seasonal Fruit <u>Garden Salad</u>	<u>Bean and Cheese</u> <u>Burrito</u> Rice and Vegetables <u>Chicken Wrap</u> Rice and Vegetables