

# January



square meals  
Have FUN  
and  
color me!

Thursday

Friday

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
|  |   |  | 1<br>Winter Recess<br><u>No School</u>  | 2<br>Winter Recess<br><u>No School</u>  |
| 5<br>Teriyaki Chicken<br>Dippers<br>Chicken Rice<br>Steamed Broccoli & Carrots<br>Chilled Pineapples<br>Milk | 6<br>Whole Grain Cheese Pizza<br>Oven Baked Potato Wedges<br>Garden Side Salad<br>Chilled Peaches<br>Milk       | 7<br>Chicken Alfredo w/ Pasta<br>Cauliflower & Carrots<br>Chilled Pears<br>Cinnamon Toast<br>Milk        | 8<br>Baked Cheese Pizza<br>Dippers<br>Fresh Carrot Sticks w/ FF Dip<br>Apple Quarters<br>Milk                       | 9<br>Popcorn Chicken<br>Mac & Cheese<br>Garden Side Salad<br>Fruit Cup<br>Bread Stick<br>Milk |
| 12<br>BBQ Riblets<br>Broccoli<br>Banana<br>Whole Wheat Roll<br>Milk  | 13<br>Cheeseburger on WG Bun<br>Fresh Carrots & Celery w/ FF Dip<br>Chilled Pears<br>Milk                       | 14<br>Cheese Omelet<br>French Toast Sticks<br>Baked Tater Tots<br>Applesauce<br>Milk                     | 15<br>Ham & Cheese on Whole Wheat<br>Oven Baked Potato Wedges<br>Fruit cup<br>Milk                                  | 16<br>Ravioli<br>Garden Side Salad<br>Chilled Peaches<br>Whole Grain Roll<br>Milk             |
| 19<br>Martin Luther King Jr. Day<br><u>No School</u>   | 20<br>Whole Grain Pepperoni Pizza<br>Seasoned Corn<br>Garden Side Salad<br>Fruit Cup<br>Milk                    | 21<br>Chicken Quesadilla<br>Carrots, Broccoli & Cauliflower<br>Chilled Pears<br>Blueberry Muffin<br>Milk | 22<br>Spaghetti w/ Meat Sauce<br>Green Beans<br>Chilled Fruit Cocktail<br>Garlic Toast<br>Milk                      | 23<br>Teacher's Work Day<br><u>No School</u>  |
| 26<br>Lunar In - Service Day<br><u>No School</u>   | 27<br>Baked Chicken Tenders w/ Roll<br>Oven Baked Potato Wedges<br>Chilled Peaches<br>Garden Side Salad<br>Milk | 28<br>Ham & Cheese on Whole Wheat<br>Cauliflower & Carrots<br>Chilled Pears<br>Milk                      | 29<br>Baked Cheese Pizza<br>Dippers<br>Fresh Carrot Sticks w/ FF Dip<br>Apple Quarters<br>Goldfish Pretzels<br>Milk | 30<br>Cheeseburger Mac<br>Garden Side Salad<br>Fresh Fruit Cup<br>Dolphin Crackers<br>Milk    |

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|   |  |  |   |  |
|---|--|--|---|--|
| <p><b>5</b></p> <p>Teriyaki Chicken Dippers<br/>OR<br/>Orange Ginger Chicken</p> <p>Chicken Rice<br/>Steamed Broccoli &amp;<br/>Carrots<br/>Chilled Pineapples<br/>Milk</p> | <p><b>6</b></p> <p>WG CheesePizza<br/>OR<br/>Chicken Tender w/Roll</p> <p>Green Beans<br/>Garden Side Salad<br/>Chilled Peaches<br/>Fruited Jell-O<br/>Milk</p>      | <p><b>7</b></p> <p>Chicken Alfredo /Pasta<br/>OR<br/>Ham &amp; Cheese Sandwich</p> <p>Cauliflower &amp; Carrots<br/>Chilled Pears<br/>Cinnamon Toast<br/>Milk</p>                          | <p><b>8</b></p> <p>Cheese Pizza Dippers<br/>OR<br/>Yogurt &amp; Grilled Cheese on<br/>WW</p> <p>Carrot Sticks w/ FF Dip<br/>Apple Quarters<br/>Animal Crackers<br/>Fruited Jell-O<br/>Milk</p>        | <p><b>9</b></p> <p>Popcorn Chicken<br/>OR<br/>Chef Salad</p> <p>Mac &amp; Cheese<br/>Garden Side Salad<br/>Fruit Cup<br/>Bread Stick<br/>Milk</p>            |
| <p><b>12</b></p> <p>BBQ Riblets<br/>OR<br/>Chicken Drumsticks</p> <p>Broccoli<br/>Banana<br/>Whole Wheat Roll<br/>Fruited Jell-O<br/>Milk</p>                               | <p><b>13</b></p> <p>Cheeseburger on WG Bun<br/>OR<br/>WG CheesePizza</p> <p>Carrots &amp; Celery w/ FF Dip<br/>Chilled Pears<br/>Fruited Jell-O<br/>Milk</p>         | <p><b>14</b></p> <p>Cheese Omelet<br/>OR<br/>Turkey Sausage</p> <p>French Toast Sticks<br/>Baked Tater Tots<br/>Applesauce<br/>Milk</p>  | <p><b>15</b></p> <p>Ham &amp; Cheese on WW<br/>OR<br/>Hamburger on Bun</p> <p>Oven Baked Potato Wedges<br/>Fruit cup<br/>Ice Cream<br/>Milk</p>   | <p><b>16</b></p> <p>Ravioli w/Roll<br/>OR<br/>Chicken Corn Dog</p> <p>Garden Side Salad<br/>Chilled Peaches<br/>Cinnamon Toast<br/>Milk</p>                  |
| <p><b>19</b></p> <p>Martin Luther<br/>King Jr. Day</p> <p><u>'No School'</u></p>  | <p><b>20</b></p> <p>WG Pepperoni Pizza<br/>OR<br/>Turkey &amp; Cheese on WW</p> <p>Seasoned Corn<br/>Garden Side Salad<br/>Fruit Cup<br/>Fruited Jell-O<br/>Milk</p> | <p><b>21</b></p> <p>Chicken Quesadilla<br/>OR<br/>Soft Taco w/Cheese</p> <p>Carrots, Broccoli &amp;<br/>Cauliflower<br/>Chilled Pears<br/>Blueberry Muffin<br/>Fruited Jell-O<br/>Milk</p> | <p><b>22</b></p> <p>Spaghetti w/ Meat Sauce<br/>OR<br/>Chef Salad</p> <p>Green Beans<br/>Chilled Fruit Cocktail<br/>Garlic Toast<br/>Milk</p>   | <p><b>23</b></p> <p>Teacher's Work Day</p> <p><u>'No School'</u></p>   |
| <p><b>26</b></p> <p>Lunar In - Service<br/>Day</p> <p><u>'No School'</u></p>  | <p><b>27</b></p> <p>Chicken Tenders w/ Roll<br/>OR<br/>WG CheesePizza</p> <p>Oven Baked Potato Wedges<br/>Chilled Peaches<br/>Garden Side Salad<br/>Milk</p>         | <p><b>28</b></p> <p>Ham &amp; Cheese on WW<br/>OR<br/>Chicken Alfredo /Pasta</p> <p>Cauliflower &amp; Carrots<br/>Chilled Pears<br/>Cinnamon Toast<br/>Fruited Jell-O<br/>Milk</p>         | <p><b>29</b></p> <p>Cheese Pizza Dippers<br/>OR<br/>Yogurt &amp; Grilled Cheese on<br/>WW</p> <p>Fresh Carrot Sticks w/ FF Dip<br/>Apple Quarters<br/>Animal Crackers<br/>Fruited Jell-O<br/>Milk</p> | <p><b>30</b></p> <p>Cheeseburger Mac<br/>OR<br/>Chef Salad</p> <p>Garden Side Salad<br/>Fresh Fruit Cup<br/>Dolphin Crackers<br/>Fruited Jell-O<br/>Milk</p> |