



Menu Coding

V = Vegetarian Entrée Option

*Asterisk = May Contain Eggs

Underline = May Contain Dairy

^Arrow = May Contain Wheat

Some prepackaged foods and/or ingredients may have been processed in a facility that also processes nut products, and menu items are subject to change.

January 2021

MON	TUE	WED	THU	FRI			
<p>We offer the following organic products on the menu:</p> <ul style="list-style-type: none"> ✓ Carrots ✓ Broccoli ✓ Mixed Berries ✓ Cherries ✓ Strawberries ✓ Fresh Spinach 				<p>Fresh Fruit Selections:</p> <ul style="list-style-type: none"> ✓ Apple Slices ✓ Orange Smiles ✓ Bananas ✓ Melons 			1
SCHOOL CLOSED							
4	5	6	7	8			
<p>^<u>Cheese Toast</u></p> <p>^<u>Pasta Primavera</u> w/ Sweet Peas and ^*<u>Warm Rolls</u> and Fresh Fruit Selection</p> <p>^<u>Broccoli and Cheese Bites</u></p>	<p><u>Apple Cinnamon Oatmeal</u></p> <p>Teriyaki Chicken w/ Brown Rice, Stir Fry Vegetables and Fruit Selection (V= Teriyaki Tofu)</p> <p>^Monkey Munch Trail Mix</p>	<p>^<u>Warm Biscuits</u> w/ Jam</p> <p><u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn and Fruit Selection</p> <p>Apple Slices w/ <u>Yogurt</u></p>	<p>**<u>Homemade Strawberry Bread</u></p> <p>**<u>Turkey Stroganoff</u> w/ **Egg Noodles, Broccoli, and Fruit Selection (V= **<u>Meatless Stroganoff</u>)</p> <p>Fresh Fruit w/ <u>Cheese</u></p>	<p>^*<u>Veggie Quiche</u></p> <p>^Fish Sticks w/ Housemade Tarter Sauce, Vegetable Medley, Yellow Rice and Fresh Fruit Selection (V= ^Veggie Patty)</p> <p>**<u>Housemade Chocolate Zucchini Bread</u></p>			
11	12	13	14	15			
<p>Fresh Fruit w/ <u>Yogurt</u></p> <p>^<u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts, ^Housemade Cornbread and Fruit Selection</p> <p>Sunflower Butter w/ ^Crackers</p>	<p><u>Blueberry-Pineapple Smoothies</u></p> <p><u>Chicken Tikki Marsala</u> w/ Vegetable Medley, ^*<u>Warm Rolls</u>, and Fruit Selection (V= Veg. Marsala)</p> <p>Fresh Fruit Selection</p>	<p>Breakfast Hash w/ Peppers and Onions</p> <p>^<u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots and Fresh Fruit</p> <p>^Graham Crackers w/ <u>Cream Cheese Dip</u></p>	<p>**<u>French Toast Casserole</u></p> <p>Ground Turkey Sloppy Joes on ^*<u>Warm Rolls</u>, Green Beans, and Fresh Fruit Selection (V=Tofu Crumble Sloppy Joes)</p> <p>^Pita Chips w/ <u>Spinach Dip</u></p>	<p><u>Cheese Grits</u></p> <p>Chicken Nuggets w/ Broccoli, ^*<u>Warm Rolls</u> and Fruit Selection (V= Veggie Nuggets)</p> <p>Spiced Peaches w/ <u>Yogurt</u></p>			
18	19	20	21	22			
SCHOOL CLOSED IN HONOR OF MARTIN LUTHER KING, JR. DAY							
	<p>^Cinnamon Toast</p> <p>Chickpea Curry w/ Yellow Rice, Plantains, Sweet Carrots and Fruit Selection</p> <p>^Warm Pita w/ Hummus</p>	<p>*Scrambled Eggs w/ <u>Cheese</u></p> <p>^Ground Turkey Marinara w/ Pasta, Broccoli, ^*<u>Garlic Knots</u> and Fresh Fruit Selection (V=^Pasta w/Marinara)</p> <p>^Housemade Trail Mix</p>	<p><u>Strawberry and Cream Oatmeal</u></p> <p>^Chicken Tetrazzini w/ <u>Parmesan Spinach</u>, Sweet Carrots, and Fruit Selection (V= ^<u>Veg. Tetrazzini</u>)</p> <p><u>Cheese</u> w/ ^Crackers</p>	<p><u>Green Smoothies</u></p> <p>Vegetable Fried Rice w/ ^*^Baked Eggrolls, Stir Fry Vegetables, and Fruit Selection</p> <p>Fresh Guacamole w/ ^Pita Chips</p>			
25	26	27	28	29			
<p>Grits w/ <u>Butter</u></p> <p>^<u>Four Cheese Ravioli</u> w/ Marinara, Roasted Corn, ^*<u>Garlic Knots</u>, and Fruit Selection</p> <p>Sliced Apples w/ Sunbutter</p>	<p>^Avocado Toast</p> <p>Spanish Style Black Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread and Fruit Selection</p> <p>^Warm Pretzels w/ <u>Cheddar Sauce</u></p>	<p>Fresh Fruit w/ <u>Yogurt</u></p> <p>Lemon Herb Chicken w/ Brown Rice, Broccoli, ^*<u>Warm Rolls</u>, and Fresh Fruit (V=^Veggie Patty)</p> <p>**<u>Celebration Confetti Cake</u></p>	<p><u>Strawberry-Mango Smoothies</u></p> <p><u>Turkey and Wild Rice Casserole</u>, Green Peas, and Fruit Selection (V=<u>Tofu and Wild Rice Casserole</u>)</p> <p>Spiced Apples w/ <u>Yogurt</u></p>	<p>^Cheerios w/ <u>Milk</u></p> <p>Chicken Fajitas w/ Peppers and Fiesta Rice, Sweet Corn, ^<u>Warm Tortillas</u>, and Fruit Selection (V=Meatless Fajitas)</p> <p>^Graham Crackers w/ Bananas</p>			

