

**22/23 Breakfast K-8**  
January 2023

Mon	Tue	Wed	Thu	Fri
<b>2</b> CHRISTMAS BREAK  Cheese Crisp Salsa Juice Variety (4 oz.) Fresh Oranges Fat Free Chocolate Milk 1% White Milk	<b>3</b>  Yogurt and Granola Grapes Juice Variety (4 oz.) Fat Free Chocolate Milk 1% White Milk	<b>4</b>  Chorizo Burrito Juice Variety (4 oz.) Fresh Fruit Fat Free Chocolate Milk 1% White Milk	<b>5</b>  French Toast Apple Slices Canned Fruit Variety Fat Free Chocolate Milk 1% White Milk	<b>6</b>  Cinnamon Raisin Bagel Fresh Fruit Canned Fruit Variety Fat Free Chocolate Milk 1% White Milk
<b>9</b>  Waffle Juice Variety (4 oz.) Whole Apple Fat Free Chocolate Milk 1% White Milk Syrup	<b>10</b>  Chocolate w/ Chai Syrup Juice Variety (4 oz.) Sliced Peas Fat Free Chocolate Milk 1% White Milk	<b>11</b>  Chorizo Burrito Seasoned Hashbrown Panies Juice Variety (4 oz.) Mixed Fruit Fat Free Chocolate Milk 1% White Milk	<b>12</b>  Cinnamon Donut Juice Variety (4 oz.) Apple Sauce Fat Free Chocolate Milk 1% White Milk	<b>13</b>  Ham, Egg and Choco Combo Bar Juice Variety (4 oz.) Fresh Oranges Cereal Variety (1 WG) Fat Free Chocolate Milk 1% White Milk
<b>16</b> CIVIL RIGHTS DAY  Chilaquiles Juice Variety (4 oz.) Fresh Fruit Fat Free Chocolate Milk 1% White Milk	<b>17</b>  Blueberry Muffin Applesauce Fresh Fruit Fat Free Chocolate Milk 1% White Milk	<b>18</b>  Sausage, Egg & Cheese Biscuit Whole Apple Juice Variety (4 oz.) Fat Free Chocolate Milk 1% White Milk	<b>19</b>  Pancake on Stick Fresh Banana Sliced Peas Fat Free Chocolate Milk 1% White Milk	<b>20</b>  Strawberry Pop Tart Whole Apple Canned Fruit Variety Fat Free Chocolate Milk 1% White Milk
<b>23</b> STRAWBERRY POP TART  Apple Fried Juice Variety (4 oz.) Fresh Fruit Fat Free Chocolate Milk 1% White Milk	<b>24</b>  Cheese Crisp Salsa Juice Variety (4 oz.) Fresh Oranges Fat Free Chocolate Milk 1% White Milk	<b>25</b>  Yogurt and Granola Grapes Juice Variety (4 oz.) Fat Free Chocolate Milk 1% White Milk	<b>26</b>  Chorizo Burrito Juice Variety (4 oz.) Fresh Fruit Fat Free Chocolate Milk 1% White Milk	<b>27</b>  French Toast Apple Slices Canned Fruit Variety Fat Free Chocolate Milk 1% White Milk
<b>30</b>  Cheese Crisp Salsa Juice Variety (4 oz.) Fresh Oranges Fat Free Chocolate Milk 1% White Milk	<b>31</b>  Yogurt and Granola Grapes Juice Variety (4 oz.) Fat Free Chocolate Milk 1% White Milk	<b>1</b>  Yogurt and Granola Grapes Juice Variety (4 oz.) Fat Free Chocolate Milk 1% White Milk	<b>2</b>  Chorizo Burrito Juice Variety (4 oz.) Fresh Fruit Fat Free Chocolate Milk 1% White Milk	<b>3</b>  French Toast Apple Slices Canned Fruit Variety Fat Free Chocolate Milk 1% White Milk

**MILK OFFERED DAILY**  
**1% WHITE AND FAT**  
**FREE CHOCOLATE**

**MENU SUBJECT TO**  
**CHANGE DUE TO**  
**AVAILABILITY OF**  
**PRODUCT**

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**22/23 Lunch K-8**  
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Mon	Tue	Wed	Thu	Fri
2 CHRISTMAS BREAK	3 Cheese Stromboli Whole Kernel Corn Tropical Twist Juice Marinara Sauce Grapes Fat Free Chocolate Milk 1% White Milk	4 Beef and Gravy Cut Green Beans Mashed Potatoes Apple Crisp Grapes WG Dinner Roll Fat Free Chocolate Milk 1% White Milk	5 Pepperoni Pizza Romaine Lettuce Carrot Sticks Diced Peaches Peach Crisp Fat Free Chocolate Milk 1% White Milk	6 Hot Dog on Bun Pork and Beans Chateau Veggies Sliced Pears Fat Free Chocolate Milk 1% White Milk
9 Super Nachos Salsa Cucumber Slices Romaine Lettuce Mixed Fruit Fat Free Chocolate Milk 1% White Milk Ranch Dressing	10 Beef Tacos Whole Kernel Corn Cucumber Slices Grapes Long Grain White Rice, 1/2 c. Fat Free Chocolate Milk 1% White Milk	11 Chili w/ Beans Celery Sticks Salsa Grapes Cornbread Fat Free Chocolate Milk 1% White Milk	12 Pezote Pinto Beans Carrot Sticks Diced Peaches Corn Chips Fat Free Chocolate Milk 1% White Milk	13 Hamburger with Bun French Fries Green Peas Cantaloupe Fat Free Chocolate Milk 1% White Milk Ketchup Mustard Packet
16 CIVIL RIGHTS DAY	17 Spaghetti and Meatsauce Romaine Lettuce Diced Peaches WG Dinner Roll Fat Free Chocolate Milk 1% White Milk Ranch Dressing	18 Bean Tostada Quesadilla Cucumber Slices Tropical Twist Juice Salsa Grapes Long Grain White Rice, 1/2 c. Fat Free Chocolate Milk 1% White Milk	19 Red Chili Pork Pinto Beans Salsa Celery Sticks Tropical Twist Juice Cantaloupe Flour Tortilla Spanish Brown Rice, WG Fat Free Chocolate Milk 1% White Milk	20 Grilled Ham & Cheese Sandwich French Fries Cut Green Beans Carrot Sticks Apple Slices Fat Free Chocolate Milk 1% White Milk Ranch Dressing
23 Chicken Nuggets K-3 Broccoli Carrot Sticks Mixed Fruit WG Dinner Roll Fat Free Chocolate Milk 1% White Milk Ranch Dressing BBQ Sauce Ketchup	24 Meatloaf Mashed Potatoes Cut Green Beans Grapes WG Dinner Roll Cookies Fat Free Chocolate Milk 1% White Milk Poultry Cravy	25 Southwest Mac & Cheese Broccoli Carrot Sticks Whole Apple WG Dinner Roll Peach Crisp Fat Free Chocolate Milk 1% White Milk Ranch Dressing	26 Turkey Gravy Carrot Sticks Cut Green Beans Mashed Potatoes Grapes WG Dinner Roll Fat Free Chocolate Milk 1% White Milk	27 Chicken Corn Dog Pork and Beans Romaine Lettuce Cantaloupe Fat Free Chocolate Milk 1% White Milk Ranch Dressing Ketchup Mustard Packet
30 Chicken Sandwich Broccoli Carrot Sticks Apple Slices Fat Free Chocolate Milk 1% White Milk Ranch Dressing Ketchup Mustard Packet	31 Cheese Stromboli Whole Kernel Corn Tropical Twist Juice Marinara Sauce Grapes Fat Free Chocolate Milk 1% White Milk	1 Beef and Gravy Cut Green Beans Mashed Potatoes Grapes Apple Crisp WG Dinner Roll Fat Free Chocolate Milk 1% White Milk	2 Pepperoni Pizza Romaine Lettuce Carrot Sticks Diced Peaches Peach Crisp Fat Free Chocolate Milk 1% White Milk	3 Hot Dog on Bun Pork and Beans Chateau Veggies Sliced Pears Fat Free Chocolate Milk 1% White Milk

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