

SCHOOL MENU – JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
6 Breakfast WG Cereals Eggo Waffle WW Toast Assorted Fresh Fruits Chilled Fruit Cocktail Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	7 Breakfast WG Cereals Scrambled Eggs Southern Style Grits Assorted Fresh Fruits Applesauce Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	8 Breakfast WG Cereals Breakfast Bagel WG Toast Assorted Fresh Fruits Strawberry Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	9 Breakfast WG Cereal Breakfast Burrito Honey Wheat Biscuit Assorted Fresh Fruits Tropical Fruit Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	10 Breakfast WG Cereals Hot Oatmeal with Fruit Topping WG Toast Assorted Fresh Fruits Chilled Pears Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk
<u>Lunch Entrée</u> Italian Meat Freschetta Baked Ravioli w/Meat Sauce VO – Hummus Entrée *Oven Baked Chicken Fruit Assorted Fresh Fruit Assorted 100% Fruit Juice Peach Cups Vegetables Spinach/Romaine Salad Broccoli Normandy Roasted Red Deli Potatoes Low Fat Milk Fat Free Chocolate Milk	<u>Lunch Entrée</u> Chicken Tenders Turkey Burger on MG Bun VO – Black Bean Burger Wrap *Manwich Sloppy Joe Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Applesauce Vegetables Spinach/Romaine Salad Steamed Mixed Vegetables Sweet Potato Waffle Fries Fresh Baby Carrots w/Tomatoes Low Fat White Milk Fat Free Chocolate Milk	<u>Lunch Entrée</u> Mexican Turkey Taco Meat Fajita Chicken w/Peppers & Onions VO - Baked Potato w/Broccoli *Pizza Sticks w/Spaghetti Sauce Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Assorted Frozen Juice Cups Vegetables Mexican Salad & Cheese Garnish Steamed Sliced Carrots Red or Black Beans w/Rice Taco Shells Low Fat White Milk Fat Free Chocolate Milk	<u>Lunch Entrée</u> Oven Roasted Chicken Egg Roll w/Brown Rice VO – Veggie Wrap Jamaican Beef Pattie Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Chilled Pears Vegetables Spinach/Romaine Salad Steamed Oriental Vegetables Pasta Alfredo Side Dish Low Fat White Milk Fat Free Chocolate Milk	<u>Lunch Entrée</u> Wedge Slice Pizza Philly Cheese Pocket VO – Veggie Burger *Italian Style Meatball Sub Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Banana Vegetables Spinach/Romaine Salad FTS Green Beans Fresh Baby Carrots w/Dressing Low Fat White Milk Fat Free Chocolate Milk

WG – Whole Grain FTS – Farm to School MG - Multigrain VO – Vegetarian Option ^ Early Release Meal *Additional Entrée choice at secondary schools

1. 100% Juices are available at every meal
2. Students must choose a fruit or a vegetable at lunch
3. Fresh entrée and side salads are available daily.

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13 Breakfast WG Cereals Pillsbury Mini Pancakes WG Goldfish Toast Assorted Fresh Fruits Applesauce Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	14 Breakfast WG Cereal Scrambled Egg Honey Wheat Biscuit Sweet Potato Coins Assorted Fresh Fruits Tropical Fruit Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	15 Breakfast WG Cereals Breakfast MaxStix WG Toast Assorted Fresh Fruits Peach Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	16 Breakfast WG Cereals Hot Oatmeal w/Fruit Topping Eggo Blueberry Pancakes WG Toast Assorted Fresh Fruits Banana Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	17 Breakfast TEACHER PLANNING DAY
Lunch Entrée Mini Cheeseburgers Chicken Breast Fillet on WG Bun VO – Hummus Entrée *Baked Lasagna w/Meat Sauce Fruit Assorted Fresh Fruit Assorted 100% Fruit Juice Apple Slices Vegetables Spinach/Romaine Salad Oven Baked Seasoned Fries Steamed Mixed Vegetables Low Fat White Milk Fat Free Chocolate Milk	Lunch Entrée Oven Roasted BBQ Chicken Mexican Pizza VO – Black Bean Burger Wrap *Teriyaki Chicken w/Brown Rice Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Peach Cup Vegetables Spinach/Romaine Salad Steamed Carrots Baked Sweet Potato Wedges Low Fat White Milk Fat Free Chocolate Milk	Lunch Entrée Oven Grilled Cheese Sandwich Chicken Tenders VO – Baked Potato w/Broccoli *BBQ Pork on WG Hoagie Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Assorted Chilled Juice/Frozen Fruit Cup Vegetables Spinach/Romaine Salad Steamed Broccoli Florets Low Fat White Milk Fat Free Chocolate Milk	Lunch Entrée Individual Round Pizza Oven Baked Fish on WG Bun VO – Veggie Burger *Turkey Ropa Vieja Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Banana Vegetables Spinach/Romaine Salad FTS Green Beans Baked Sweet Potato Waffle Fries Fresh Baby Carrots w/Tomatoes Brown Rice Low Fat White Milk Fat Free Chocolate Milk	

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20 Breakfast HOLIDAY MARTIN LUTHER KING DAY	21 Breakfast WG Cereals Scrambled Eggs Honey Wheat Biscuit Assorted Fresh Fruits Applesauce Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	22 Breakfast WG Cereals Breakfast Chicken Patty WG Toast Assorted Fresh Fruits Peach Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	23 Breakfast WG Cereals Pillsbury Mini Blueberry Waffles Honey Wheat Biscuit Assorted Fresh Fruits Chilled Fruit Cocktail Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	24 Breakfast WG Cereals Hot Oatmeal with Fruit Topping WG Toast Assorted Fresh Fruits Tropical Fruit Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk
	<u>Lunch Entrée</u> Teriyaki Chicken w/Brown Rice Warm Chicken Wrap VO – Black Bean Burger Wrap *BBQ Pork Hoagie Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Chilled Peaches Vegetables Romaine/Spinach Salad FTS Corn on the Cob Baked Sweet Potato Wedges Low Fat White Milk Fat Free Chocolate Milk	<u>Lunch Entrée</u> Picadillo Oven Grilled Cheese VO – Baked Potato w/Broccoli *Italian Meat Freschetta Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Assorted Chilled Juice/Frozen Fruit Cup Vegetables Spinach/Romaine Salad Steamed Broccoli Florets Plantains Low Fat White Milk Fat Free Chocolate Milk	<u>Lunch Entrée</u> Oven Baked Chicken Hot Meat & Cheese Deli Sandwich VO – Veggie Burger *Mexican Soft Tacos Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Chilled Applesauce Cup Vegetables Spinach/Romaine Salad Steamed Mixed Vegetables Black or Red Beans & Rice Baked Sweet Potato Waffle Fries Low Fat White Milk Fat Free Chocolate Milk	<u>Lunch Entrée</u> Wedge Sliced Pizza Chicken or Turkey Salad Entrée VO – Veggie Wrap *Baked Chicken Breast Fillet Fruit Assorted Fresh Fruits 100% Assorted Juice Chilled Pineapple Vegetables Romaine/Spinach Salad FTS Green Beans Fresh Baby Carrots w/Dressing Low Fat White Milk Fat Free Chocolate Milk

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27 Breakfast WG Cereals Pillsbury Mini Pancakes WG Toast Assorted Fresh Fruits Chilled Pear Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	28 Breakfast WG Cereal Scrambled Egg Southern Style Grits Honey Wheat Biscuit Assorted Fresh Fruits Applesauce Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	29 Breakfast WG Cereals Breakfast Sausage Sandwich WG Toast Assorted Fresh Fruits Peach Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	30 Breakfast WG Cereal Scrambled Eggs & Sausage Honey Wheat Biscuit Sweet Potato Coins Assorted Fresh Fruits Applesauce Cup Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk	31 Breakfast WG Cereals Hot Oatmeal w/Fruit Topping WG Toast Assorted Fresh Fruits Chilled Fruit Cocktail Assorted 100% Fruit Juice Fruit & Yogurt Parfait Grab & Go Breakfast Low Fat White Milk Fat Free Chocolate Milk
Lunch Entrée Italian Style Meatball Sub Ham Sandwich VO – Hummus Entrée *Chicken & Mash Potato Bowl Fruit Assorted Fresh Fruit Assorted 100% Fruit Juice Apple Slices Vegetables Spinach/Romaine Salad Steamed Sliced Carrots Low Fat White Milk Fat Free Chocolate Milk	Lunch Entrée Oven Roasted Chicken Baked Ravioli w/Meat Sauce VO – Black Bean Burger Wrap *Hamburger on MG Bun Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Vegetables Spinach/Romaine Salad Broccoli Normandy Waffle Baked Sweet Potato Fries Fresh Baby Carrots W/Tomatoes Red or Black Beans & Rice Low Fat White Milk Fat Free Chocolate Milk	Lunch Entrée Pizza Sticks w/Spaghetti Sauce Cuban Sandwich on WG Hoagie VO – Baked Potato w/Broccoli *New Orleans Chicken w/Rice Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Assorted Chilled Juice/Frozen Fruit Cup Vegetables Spinach/Romaine Salad FTS Corn on the Cob Low Fat White Milk Fat Free Chocolate Milk	Lunch Entrée Manwich Sloppy Joe Chicken Breast Fillet on WG Bun VO – Veggie Wrap *Jamaican Beef Pattie Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Chilled Pear Cup Vegetables Spinach/Romaine Salad Steamed Broccoli Florets Baked Sweet Potato Wedges Low Fat White Milk Fat Free Chocolate Milk	Lunch Entrée Individual Round Pizza Asian Glazed Chicken w/Brown Rice VO – Veggie Burger *Egg Roll w/Oriental Rice Fruit Assorted Fresh Fruits Assorted 100% Fruit Juice Chilled Fruit Cocktail Vegetables Romaine/Spinach Salad Steamed Oriental Vegetables Fresh Baby Carrots w/Dressing Low Fat White Milk Fat Free Chocolate Milk

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