


	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
Breakfast		Happy	Winter	Break!	

Daily offerings include frosted mini wheats, cinnamon chex and cheerios cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.



Lunch
Comfort
Kitchen

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OFFERED
DAILY

Non fat white milk
Low-fat 1% white
milk

All grain products are whole grain rich.
(v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes
vegan choices. (f) denotes choices that include fish. Locally Sourced items
offered daily. This menu is subject to change and based upon product
availability.

*This institution is an equal
opportunity provider.
Additional nutrition information
available upon request.*

	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Breakfast	Whole Grain Bagel w/ Cream Cheese Pineapple	Strawberry Yogurt w/ Graham Crackers Strawberries	Cheesy Scrambled Eggs w/ Toast Orange Wedges	Hard Boiled Egg Breakfast Bento Box Baked Cinnamon Apples	Potato, Egg, & Cheese Bowl Fresh Banana

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Crispy Chicken Wrap Cheese Pizza (v) Parmesan Green Beans Diced Peaches	Chicken Quesadilla w/ Salsa Cheese Quesadilla w/ Salsa (v) Mexican Black Beans Pineapple	Turkey Tacos w/ Salsa Plant-Based Totchos w/ Breadstick (v) Applesauce	Tuna Salad Sandwich (f) Breakfast Potato Bowl (v) Roasted Carrots Mandarin Oranges	Turkey "Ham" & Cheese Sandwich Glorious Macaroni & Cheese (v) Green Peas Apple Slices
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	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Breakfast	Whole Grain Bagel w/ Cream Cheese	Banana Muffin Mandarin Oranges	Whole Grain French Toast Sticks w/ Syrup (ve)	Vanilla Yogurt Apple Slices	Tater Tot Breakfast Burrito
	Peach Slices		Applesauce		Banana

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Cheeseburger Veggie Burger (v) Green Peas Fresh Apple Slices	Turkey Tacos al Pastor w/ Avocado Crema Grilled Cheese Sandwich (v) Aztec Corn Orange Slices	 Teriyaki Chicken w/ Fried Rice Chik'n Nuggets w/ Breadstick (v) Baked Plantains Pineapple Ketchup & Mustard available	Pasta w/ Rainbow Marinara (ve) Sunbutter & Jelly Sandwich (ve) Lemon Carrots Banana	Turkey & Cheese Sandwich Cheese Pizza (v) Broccoli & Red Peppers Applesauce
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Breakfast

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
No School - MLK Jr. Day	Oatmeal Baked Cinnamon Apples	Egg & Cheese Bagel Sandwich Orange Slices	Blueberry Muffin w/ String Cheese Fresh Banana	Strawberry Yogurt w/ Granola Strawberries

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	Chicken Nuggets Macaroni & Cheese (v) Citrus Glaze Carrots Pineapple	Sweet & Sour Chicken w/ Brown Rice Teriyaki Tofu w/ Veggie Lo Mein (ve) Roasted Bell Peppers & Onions Mandarin Oranges	French Toast Sticks (ve) & Vanilla Yogurt (v) Rainbow Chili w/ Tortilla Chips (v) Roasted Sweet Potatoes Applesauce	Tuna Salad Sandwich (f) Cheese Quesadilla (v) Roasted Broccoli Fresh Bananas
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	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Breakfast	No School - Presidents' Day	Scrambled Eggs w/ Toast Pineapple Tidbits	Tropical Mango Oatmeal Round Fresh Banana	Berry Patch Smoothie Orange Wedges	Egg & Cheese Breakfast Sandwich Mandarin Oranges

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	Tuna Salad Sandwich (f) Baked Penne (v) Parmesan Green Beans Fresh Apple Slices	 Teriyaki Chicken w/ Fried Rice Teriyaki Chik'n Nuggets w/ Fried Rice (v) Roasted Broccoli & Red Peppers Pineapple	Rainbow Chili w/ Tortilla Chips (v) Sunbutter & Jelly Sandwich (ve) Lemon Carrots Fresh Bananas	Turkey Pepperoni Pizza Cheese Pizza (v) Roasted Butternut Squash Cantaloupe
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