



CARES Classroom Menu

For the weeks of:
 Jan 4 - Jan 8
 Jan 18 - Jan 22
 Feb 1 - Feb 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST

Breakfast	Assorted Cereal/Graham Crackers/Fresh Orange/Nonfat or 1% Milk	Fruit & Yogurt Parfait w/ Granola/Fresh Apple/Nonfat or 1% Milk	Whole Grain Plain Bagel w/ Cream Cheese/Peach Fruit Cup/Nonfat or 1% Milk	Whole Grain Blueberry Muffin/100% Apple Juice/Nonfat or 1% Milk	Assorted Cereal/Graham Crackers/Fresh Grapes/Nonfat or 1% Milk
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LUNCH

Speciality Entrée	Grilled Chicken Sandwich	Tuna Salad Sandwich	American Sub Sandwich	Turkey & Cheese Sandwich	BBQ Chicken Sub
Vegetarian Entrée	Vegan Southwest Wrap w/ Tortilla Chips	Veggie Lo Mein	Hearthy Garden Salad w/ Tortilla Chips	Sunbutter & Jelly Sandwich	Southwest Pinto Bean Wrap
Available Vegetable	Broccoli Florets Mixed Salad Greens	Celery Sticks Tomato & Cucumber Salad	Baby Carrots Cucumber Slices	Cherry Tomatoes	Mixed Salad Greens Broccoli Florets
Available Fruit	Fresh Grapes	Peach Fruit Cup	Fresh Apple	Fresh Orange	100% Orange Juice
Milk	Nonfat or 1% White Milk				

Breakfast and lunch meals will be available for students to take home on Friday for Saturday and Sunday. Meals will contain all five food groups (grain, protein, fruit, vegetable, and dairy).

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CARES Classroom Menu

For the weeks of:
 Jan 11 - Jan 15
 Jan 25 - Jan 29
 Feb 8 - Feb 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST

Breakfast	Assorted Cereal/Graham Crackers/Peach Fruit Cup/Nonfat or 1% Milk	Whole Grain Apple Muffin/Fresh Apple/Nonfat or 1% Milk	Fruit & Yogurt Parfait w/ Granola/Fresh Grapes/Nonfat or 1% Milk	Assorted Cereal/Graham Crackers/100% Orange Juice/Nonfat or 1% Milk	Whole Grain Plain Bagel w/ Cream Cheese/Fresh Apple/Nonfat or 1% Milk
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LUNCH

Speciality Entrée	Southwest Black Bean Nacho Kit	Chicken Caesar Wrap	Chef Salad Wrap	Turkey Ham & Cheese Sandwich	Chilly Philly Sandwich
Vegetarian Entrée	Hummus Kit	Vegan Lift Off! Spinach Salad w/Tortilla Chips	Egg Salad Sub	Garden Wrap	Greek Salad w/ Tortilla Chips
Available Vegetable	Broccoli Florets Baby Carrots	Cucumber Slices Celery Sticks	Baby Carrots Broccoli Florets	Cherry Tomatoes Mixed Salad Greens	Celery Sticks Tomato & Cucumber Salad
Available Fruit	Fresh Apple	Fresh Orange	100% Apple Juice	Fresh Grapes	Peach Fruit Cup

Milk	Nonfat or 1% White Milk				
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