



JANUARY

2021

Breakfast/ Lunch Menu Carb Counts

BREAKFAST MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**WG Cheerios Corn Flakes Pears 4 oz Apple Juice 4 oz	14 String Cheese 16 WG Graham Cracker 13 Mixed Fruit 4 oz 14 Orange Juice 4 oz	1 Cereal Bar 21 Mandarin Orange 4 oz 13 Apple Juice 4 oz 13 WG Muffin	25 Yogurt 13 WG Graham Cracker 14 Applesauce 4 oz 31 Orange Juice 4 oz	8 **WG Cheerios/Corn Flakes 21 Corn Flakes 12 Peaches 4 oz 13 Apple Juice 4 oz

LUNCH MEAL PATTERN	1/4/2021	1/5/2021	1/6/2021	1/7/2021	1/8/2021
	Turkey Mini Corn Dogs Baked Fries Mandarin Orange Corn Ketchup	25 Egg Patty 22 Broccoli 17 Applesauce 15 **WG Bread 2 Cucumbers Ranch	1 Sloppy Joe 5 Green beans 22 Slice Peaches 15 *WW Bun 5 2	8 Ham 4 Cauliflower 16 Mixed Fruits 26 **WG Bread Baby Carrots Cheese Mayo Ranch	18 **WG Chicken Nuggets 2 Potato Wedges 17 Pineapple Tidbits 15 Sweet Peas 7 Ketchup 2 2 2
	1/11/2021	1/12/2021	1/13/2021	1/14/2021	1/15/2021
	Cheese Quesadillas Carrot Coins Mixed Fruit Celery Sticks Ranch	32 Beef Taco 6 Pinto Beans 17 Banana 1 Taco Shells 2 Lettuce cheese salsa	2 Chicken Alfredo 17 Mixed Veggies 27 Diced Pears 20 Cucumbers 1 Ranch 2 2	41 French Toast Sticks 6 Tater Tots 21 Applesauce 5 Broccoli 2 syrup ketchup	26 Cheeseburger (patty) 30 Sweet Potato Fries 22 Fresh Apple 5 *WW Bun 28 Sweet Corn 2 Ketchup
	1/18/2021	1/19/2021	1/20/2021	1/21/2021	1/22/2021
	Professional Day No Student Attendance	Chicken Tomato Bake Sweet Peas Diced Peaches	30 Pork BBQ 9 Broccoli 16 Crushed Pineapple *WW Bun Carrot Coins	12 Beef Patty 5 Mashed Potato 22 Mandarin Orange 26 **WG Dinner Roll 6 Green Beans Gravy	1 Turkey Meatballs 19 Sweet Corn 17 Sliced Pears 18 **WG Penne Pasta 4 Breadstick 6
	1/25/2021	1/26/2021	1/27/2021	1/28/2021	1/29/2021
	Chicken Patty Tater Tots Grapes *WW Bun Baby Carrots Ranch Ketchup	12 Beef Taco 30 Pinto Beans 16 Pineapple Tidbits 26 Taco Shells 7 lettuce 2 cheese 2 salsa	2 **WG Chicken Nuggets 17 Potato Wedges 22 Applesauce 20 Broccoli 1 Ketchup 2 2	16 Cheese Quesadilla 20 Carrot Coins 22 Diced Pear 5 Cucumbers 2 Ranch	32 Turkey Mini Corn Dogs 6 Baked Fries 21 Sliced Peaches 5 Mixed Veggies 2 Ketchup
	Milk Count in Grams (gm)				
	Per 8 oz carton:				
	1% White Milk				
	Lactose Free-White Milk				
	Chocolate Fat Free				
	Soy Milk				

*Whole Wheat
**Whole Grain
***All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Flavored

This Institution is an equal opportunity provider
Menu subject to change without notice

F. Rivera