





Week 1	1	2	3	4	5
Breakfast		Whole Grain Cereal, Fresh Fruit		Whole Grain Cheezy Toast,	Homemade Fluffy Pancakes,
		·	Homemade Zoo Animal Waffles, Fresh Fruit	Fresh Fruit	Fresh Fruit
Lunch		BBQ Chicken, Brown Rice,	Whole Grain Protein Grilled Cheese,	Baked Chicken, Pasta Marinara,	Protein Cheezy Pizza, Beans, Seasonal
	School Closed	Seasonal Vegetables,	Beans, Seasonal Veggies	Seasonal Veggies,	Veggies,
	New Year's Day!	Milk/Water	Milk/Water	Milk/Water	Milk/Water
		·	·	·	·
Vegetarian		BBQ Seasonal Vegetables, Beans		Baked Pasta Marinara,	
regetanan		Milk/Water		Seasonal Veggies,	
		1 may reaces		Milk/Water	
Snack PM		Homemade Protein Sugar Cookies	Fresh Fruit, Crackers	Homemade Pumpkin Cake	Chef's Choice
Week 2	8	9	10	11	12
Breakfast	Whole Grain Cereal,	Homemade Zoo Animal Waffles, Fresh	Warm Cinnamon Oatmeal, Fresh Fruit	Homemade Fluffy Pancakes, Fresh Fruit	Toasted Sun Butter Sandwiches,
	Fresh Fruit	Fruit	•	, ,	Fresh Fruit
Lunch	Oven Baked Mac 'N' Cheese,	Savory Oven Baked Chicken, Brown Rice,	Protein Baked Cheese Quesadillas, Beans,	Chicken Bolognese, Seasonal Veggies,	Protein Cheezy Pizza, Beans, Seasonal
	Seasonal Veggies, Beans,	Seasonal Veggies, Milk/Water	Seasonal Veggies, Milk/Water	Milk/Water	Veggies, Milk/Water
	Milk/Water				
Vegetarian		Savory Oven Baked Veggies, Brown Rice,		Pasta Bolognese, Seasonal Veggies,	
vegetariari		Beans, Milk/Water		Beans, Milk/Water	
Snack PM	Fresh Fruit, Crackers	Homemade Sweet Potato Cake	Cheese Cubes, Fresh Fruit	Homemade Banana Cake Bars	Chef's Choice
Week 3	15	16	17	18	19
Breakfast		Whole Grain Cereal, Fresh Fruit	Scrambled Eggs, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit	Yogurt Bowl, Fresh Fruit
Lunch		Chicken Taco Bowl, Brown Rice,	Whole Grain Protein Grilled Cheese, Beans,	Chicken and Broccoli Stir Fry,	Protein Cheezy Pizza, Beans, Seasonal
	School Closed	Seasonal Vegetables, Milk/Water	Seasonal Veggies, Milk/Water	Pasta, Milk/Water	Veggies,
	Martin Luther King Day!				Milk/Water
					National Pizza Week!
Vegetarian		Veggie Taco Bowl, Brown Rice,		Broccoli Stir Fry, Pasta, Beans, Milk/Water	
		Beans, Milk/Water	5 1 5 11 0 1		
Late PM	22	Homemade Baked Protein Snickerdoodles	Fresh Fruit, Crackers	Homemade Lemon Cake	Chef Choice
Week 4	22	23	24	25 	26
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Homemade Banana Muffins	Homemade Warm Blueberry Pancakes
		Fruit			Blueberry Pancake Day (28th)
Lunch	Baked Protein Pasta, Seasonal,	Baked Orange Glazed Chicken, Brown	Oven Baked Mac 'N' Cheese,	Baked Chicken Parmigiana,	Protein Cheezy Pizza, Beans, Seasonal
Lunch	Veggies, Beans, Milk/Water	Rice, Seasonal Veggies, Milk/Water	Beans, Seasonal Veggies, Milk/Water	Pasta, Seasonal Veggies, Milk/Water	Veggies, Milk/Water
	veggies, bearis, Pliny Water	Nice, Seasonal Veggles, Philip Water	bearis, Seasonal Veggles, Pliny Water	r data, acasoriai veggies, mility vvater	veggies, mily vvater
Vegetarian		Baked Orange Glazed Veggies, Brown Rice		Baked Veggie Parmigiana,	
regetanan		Beans, Milk/Water		Pasta, Beans, Milk/Water	
		bearity i may react		add, bearb, my race	
Snack PM	Fresh Fruit, Crackers	Homemade Kids 'R' Kids Trail Mix	Yogurt bowl, Graham Crackers	Homemade Chocolate Black Bean	Chef's Choice
	·		]	Brownies	
				National Chocolate Day! (27th)	
Week 5	29	30	31	1	2
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Banana Pancakes, Warm Syrup	Homemade Cinnamon Oatmeal, Fresh Fruit		
Lunch	Baked Cheese Ziti, Seasonal Veggies, Beans, Milk/Water	Breaded Baked Chicken, Brown Rice, Seasonal Veggies, Milk/Water	Protein Baked Cheese Quesadillas, Beans, Seasonal Veggies, Milk/Water		
Vegetarian	bearis, ining water	Baked Veggies, Brown Rice,	Scasorial Veggies, ining Water		
vegetariari		Beans, Milk/Water			
Snack PM	Cheese Cubes, Crackers	Homemade Blueberry Muffins	Fresh Fruit, Crackers		
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- Due to Supply Chain issues, substitutions may be made if products are unavailable.
- Milk is served at lunch daily. Water is available throughout the day.
- Fruits are cut fresh and include a variety of seasonal fruits.
- Breads, oats, rice, and cereal are 100% whole grain.
- Vegetarian options may include but are not limited to veggie nuggets, veggie meatballs, or hidden veggie and bean pasta.
- Secondary options may include but are not limited to yogurt, whole wheat cheese toast, protein pasta, or whole wheat sunbutter and jelly sandwich.
- Hidden Veggies and Seasonal Veggies may include but are not limited to cauliflower, green beans, carrots, broccoli, spinach, peas, and beans.