

January Breakfast and Lunch 7-day Meal Distribution Menu

Breakfast Components:

3 options of cereal
3 options of muffins
Strawberry Cream-Cheese Bagel
Variety of Low-Fat Milk
Assorted 100% Fruit Juice
Assorted Fresh Fruits



Weekly Lunch Components:

(2) Turkey Sausage Pizzas
Turkey Hot Dog
Breaded Chicken Sandwich
Assorted Fresh Fruits
Assorted 100% Fruit Juice
Fresh Vegetables
Variety of Low-Fat Milk
Condiments (Ketchup, Mustard, Mayonnaise,
Ranch Packets)



PLUS Weekly Lunch Specials:

Jan. 6: Cheeseburger, Salisbury Steak Patty & Roll
Jan. 13: Rotisserie Chicken & Roll, Zesty Orange Chicken.
Jan. 20: BBQ Meatballs & Roll, Chicken & Waffles (with syrup), Salisbury Steak Patty & Roll
Jan. 27: Hamburger, Rotisserie Chicken & Roll, Cheesy Chicken Tacos

(All Weekly Specials include a vegetable)



February Breakfast and Lunch 7-day Meal Distribution Menu

Breakfast Components:

3 options of cereal
3 options of muffins
Strawberry Cream-Cheese Bagel
Variety of Low-Fat Milk
Assorted 100% Fruit Juice
Assorted Fresh Fruits

Weekly Lunch Components:

(2) Turkey Sausage Pizzas
Turkey Hot Dog
Breaded Chicken Sandwich
Assorted Fresh Fruits
Assorted 100% Fruit Juice
Fresh Vegetables
Variety of Low-Fat Milk
Condiments (Ketchup, Mustard, Mayonnaise,
Ranch Packets)

PLUS Weekly Lunch Specials:

Feb. 3: Breakfast for Lunch - French Toast
With Turkey Sausage
Chicken Nuggets & Roll
BBQ Meatballs & Roll

Feb. 10: Breaded Beef Sandwich & Roll
Rotisserie Chicken & Roll
Popcorn

Feb. 17: Rotisserie Chicken & Roll
Salisbury Steak & Roll
Cheesy Chicken Tacos

Feb. 24: BBQ Chicken Wrap
Chicken Nuggets & Roll
BBQ Meatballs & Roll

(Weekly Specials include a vegetable)

