

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 New Year's Day No School	3 Blueberry Muffin w/ Fruit, Water/Milk Whole Grain Cheese Ravioli w/Marinara Sauce w/Mixed Vegetables Fruit, Water / Milk Gold Fish, Fruit, Milk/Water	4 Whole Grain Croissant w/Fruit,Water/Milk Whole Grain Chicken Nuggets w/Ketchup w/Brown Rice w/Broccoli Fruit, Water / Milk Yogurt, Fruit, Water	5 Whole Grain Waffles w/ Fruit,Water/Milk BBQ Chicken w/Mac & Cheese w/Carrots Fruit, Milk/Water Sweet Potato, Fruit, Milk/Water	6 Whole Grain Bagel w/Fruit,Water/Milk Whole Grain Cheese Pizza w/ Green Beans w/ Red Peppers, Fruit, Milk/Water Pancake, Fruit, Milk/Water
9 Whole Grain Cereal w/ Fruit, Water/Milk American Chop Suey w/Whole Grain Pasta w/Broccoli Fruit, Milk/Water Mozzarella Cheese Sticks, Fruit, Water	10 Blueberry Muffin w/ Fruit, Water/Milk Beef Taco Bowl w/Brown Rice w/ Black Beans & Corn Fruit, Water / Milk Yogurt, Fruit, Water	11 Whole Grain Croissant w/Fruit,Water/Milk Teriyaki Chicken w/ Whole Grain Brown Rice w/Green Beans Fruit, Milk/Water Animal Cracker , Fruit, Milk/Water	12 Whole Grain Waffles w/ Fruit,Water/Milk Meatball & Mozzarella Sandwich w/Whole Grain Bun w/Tater Tots Fruit, Milk/Water Terra Vegetable Chips, Fruit, Milk/Water	13 Whole Grain Bagel w/Fruit,Water/Milk Crispy Chicken w/Brown Rice w/Carrots Fruit, Water / Milk Saltine Crackers, Fruit, Milk/Water
16 Martin Luther King Day No School	17 Blueberry Muffin w/ Fruit, Water/Milk Beef Pastelon (Latin Lasagna) w/Plantains & Cheddar Cheese w/ WG Cornbread Fruit, Milk/Water Pancake, Fruit, Milk/Water	18 Whole Grain Croissant w/Fruit,Water/Milk Whole Grain Pasta w/ Meatballs (Beef &Chicken) w/ Red Sauce w/ Carrots Fruit, Water / Milk Yogurt, Fruit, Water	19 Whole Grain Waffles w/ Fruit,Water/Milk Jamaican Beef Patty w/ Brown Rice w/ Kidney Beans Fruit, Water / Milk Gold Fish, Fruit, Milk/Water	20 Whole Grain Bagel w/Fruit,Water/Milk Whole Grain Cheese Pizza w/Broccoli Fruit, Milk/Water Sweet Potato, Fruit, Milk/Water
23 Lunar New Year No School	24 Blueberry Muffin w/ Fruit, Water/Milk Chicken Parmesan Sandwich w/Whole Wheat Bun w/ Carrots Fruit, Milk/Water Terra Vegetable Chips, Fruit, Milk/Water	25 Whole Grain Croissant w/Fruit,Water/Milk Chicken Tacos w/Whole Grain Tortilla Wrap, w/Black Beans & Corn Fruit, Milk/Water Saltine Crackers, Fruit, Milk/Water	26 Whole Grain Waffles w/ Fruit,Water/Milk Cheeseburger w/Whole Wheat Bun w/Black Beans & Corn w/Tater Tots Fruit, Milk/Water Yogurt, Fruit, Water	27 Whole Grain Bagel w/Fruit,Water/Milk Whole Grain Fiesta Pizza(Beef) w/ Broccoli Fruit, Milk/Water Pancake, Fruit, Milk/Water
30 Whole Grain Cereal w/ Fruit, Water/Milk Whole Grain Chicken Nuggets w/Brown Rice w/ Carrots Fruit, Water / Milk Mozzarella Cheese Sticks, Fruit, Water	31 Blueberry Muffin w/ Fruit, Water/Milk Chicken Alfredo w/ Whole Grain Pasta w/ Broccoli Fruit, Water / Milk Sweet Potato, Fruit, Milk/Water			

I _____ agree to serve ALL above food to my child/children _____

Signature: _____ Date: _____

- Notes:**
- Breakfast
 - Lunch
 - Snack