

MON	TUE	WED	THU	FRI
1  <b>Winter Break</b>	2  <b>Winter Break</b>	3  <u>Breakfast</u> Mini Muffin & Seasonal Fruit Fruit <u>Lunch</u> Chicken Parmesan with Seasonal Veggies and Fruit <u>PM Snack</u> Shelled Edamame	4  <u>Breakfast</u> Whole Grain Cereal & Milk with Seasonal Fruit <u>Lunch</u> Bean & Cheese Soft Tacos, Seasonal Veggies and Fruit <u>PM Snack</u> Fresh Veggie Sticks with Ranch Dipping Sauce	5  <u>Breakfast</u> Whole Wheat Bagels Seasonal Fruit <u>Lunch</u> Cheese Pizza with Veggies & Seasonal Fruit <u>PM Snack</u> Veggie Straws with Creamy Avocado Yogurt Dip
8  <u>Breakfast</u> Whole Grain Cereal & Milk with Seasonal Fruit <u>Lunch</u> Pancakes with Sausage with Seasonal Veggies and Fruit <u>PM Snack</u> Wheat Mini Pretzels & Cheddar Cubes	9  <u>Breakfast</u> Mini Muffin & Seasonal Fruit <u>Lunch</u> Chicken Pot Pie with Seasonal Veggies and Fruit <u>PM Snack</u> Breadsticks with Marinara	10  <u>Breakfast</u> Whole Grain Cereal & Milk with Seasonal Fruit <u>Lunch</u> Red Beans and Rice, Seasonal Fruit and Veggies <u>PM Snack</u> Carrot Sticks with Ranch Dipping Sauce	11  <u>Breakfast</u> Whole Wheat Bagels Seasonal Fruit <u>Lunch</u> Meatball Sub, Seasonal Fruit and Veggies <u>PM Snack</u> Celery Sticks with Hummus Dip	12  <u>Breakfast</u> Waffles and Jelly Seasonal Fruit <u>Lunch</u> Potato Cheddar Soup, Seasonal Fruit & Veggies <u>PM Snack</u> Egg Salad with Crackers
15  <b>Martin Luther King Day</b>	16  <u>Breakfast</u> Mini Bagels with Cream Cheese & Seasonal Fruit <u>Lunch</u> Ricotta Pasta Shells with Meat Sauce, Veggies and Seasonal Fruit <u>PM Snack</u> Chex Mix	17  <u>Breakfast</u> Mini Muffin & Seasonal Fruit Fruit <u>Lunch</u> Hamburger with Seasonal Veggies and Fruit <u>PM Snack</u> Shelled Edamame	18  <u>Breakfast</u> Whole Grain Cereal & Milk with Seasonal Fruit <u>Lunch</u> Chicken Tenders with Mashed Potatoes Veggies and Seasonal Fruit <u>PM Snack</u> Fresh Veggie Sticks with Ranch Dipping Sauce	19  <u>Breakfast</u> Whole Wheat Bagels Seasonal Fruit <u>Lunch</u> Pepperoni Pizza with Veggies & Seasonal Fruit <u>PM Snack</u> Veggie Straws with Creamy Avocado Yogurt Dip
22  <u>Breakfast</u> Whole Grain Cereal & Milk with Seasonal Fruit <u>Lunch</u> Chicken and Waffle with Seasonal Veggies and Fruit <u>PM Snack</u> Wheat Mini Pretzels & Cheddar Cubes	23  <u>Breakfast</u> Mini Muffin & Seasonal Fruit <u>Lunch</u> Twice Baked Potato with Bacon, Seasonal Veggies and Fruit <u>PM Snack</u> Breadsticks with Marinara	24  <u>Breakfast</u> Whole Grain Cereal & Milk with Seasonal Fruit <u>Lunch</u> Taco Salad with Chicken, Seasonal Veggies and Fruit <u>PM Snack</u> Carrot Sticks with Ranch Dipping Sauce	25  <u>Breakfast</u> Whole Wheat Bagels Seasonal Fruit <u>Lunch</u> Carnitas Taco with Seasonal Veggies and Fruit <u>PM Snack</u> Celery Sticks with Hummus Dip	26  <u>Breakfast</u> Waffles and Jelly Seasonal Fruit <u>Lunch</u> Chicken Tortilla Soup, Seasonal Fruit & Veggies <u>PM Snack</u> Egg Salad with Crackers
29  <u>Breakfast</u> Whole Grain Cereal & Milk with Seasonal Fruit <u>Lunch</u> Buttermilk Chicken Sandwich with Seasonal Veggies and Fruit <u>PM Snack</u> Gourmet Wheat Thins & Mozzarella String Cheese	30  <u>Breakfast</u> Mini Bagels with Cream Cheese & Seasonal Fruit <u>Lunch</u> BBQ Riblets with Seasonal Veggies and Fruit <u>PM Snack</u> Chex Mix	31  <u>Breakfast</u> Mini Muffin & Seasonal Fruit Fruit <u>Lunch</u> Cheeseburger, Seasonal Veggies and Fruit <u>PM Snack</u> Shelled Edamame	<p>Most Entrees Cooked from Scratch Organic Produce Served when Possible, Conventional Produce Follows the “Shoppers Guide to Pesticides” Methodology to Reduce Potential Pesticide Exposures up to 92%</p> <p>We Feature Humanely Raised Meats Milk is Hormone &amp; Antibiotic Free Snack Rotation Subject to Change</p>	
				<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C &lt;2 yr Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg &amp; Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup &lt;2 yr PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>