

January 2023 School Menu



**** Milk is served with Breakfast and Lunch****

	Meal	Component	Monday	Tuesday	Wednesday	Thursday	Friday
			01/02/23	01/03/23	01/04/23	01/05/23	01/06/23
WEEK: 1	Breakfast	Breakfast Grain	 RISING SUN Learning Center Closed for the New Year's Holiday	Bagels & Cream Cheese	WG Oatmeal	French Toast	WG Cereal
		Breakfast Fruit		Apple Wedges	Peaches	Pears	Bananas
	Lunch	Protein		Roasted Pork Tenderloin	Chicken Nachos	Hamburger Pizza	Gigi's Lunchbox Surprise
		Grain		WG Toast	Tortilla Chips	Italian Bread	<i>Gigi will create a delicious & healthy lunch from her magical pantry!</i>
		Fruit		Pears	Applesauce	Fruit Cocktail	
	Snack	Snack Grain		Mashed Potatoes & Gravy	Corn	Peas	Goldfish
		Snack Fruit		Graham Crackers	Animal Crackers	WG Wheat Thins	Apple Wedges
					Orange Slices	String Cheese	Orange Slices
			Monday	Tuesday	Wednesday	Thursday	Friday
			01/09/23	01/10/23	01/11/23	01/12/23	01/13/23
WEEK: 2	Breakfast	Breakfast Grain	Bagels & Cream Cheese	French Toast	Biscuits & Gravy	Pancakes	Muffins
		Breakfast Fruit	Apple Wedges	Bananas	Pears	Peaches	Applesauce
	Lunch	Protein	Turkey Hot Dogs	Grilled Ham & Cheese	Chicken Noodle Soup	Eggy Cakey Thingy	Taco Salad
		Grain	WG Hot Dog Buns	WG Sandwich Bread	WG Noodles	WG Toast	Tortilla Chips
		Fruit	Peaches	Pears	Fruit Cocktail	Pears	Grapes
	Snack	Snack Grain	Baked Beans	Green Beans	Peas	Carrots	Corn
		Snack Fruit	Ritz Crackers	Goldfish	Animal Crackers	Graham Crackers	WG Wheat Thins
			String Cheese	Apple Wedges	Grapes	Orange Slices	String Cheese
			Monday	Tuesday	Wednesday	Thursday	Friday
			01/16/23	01/17/23	01/18/23	01/19/23	01/20/23
WEEK: 3	Breakfast	Breakfast Grain	French Toast	Biscuits & Gravy	WG Oatmeal	Pancakes	WG Cereal
		Breakfast Fruit	Bananas	Pears	Spiced Apples	Orange Slices	Bananas
	Lunch	Protein	Spaghetti Bolognese	Gigi's Famous Chili	Chicken Nachos	Roasted Pork Tenderloin	Gigi's Lunchbox Surprise
		Grain	WG Noodles	Saltine Crackers	Tortilla Chips	WG Toast	<i>Gigi will create a delicious & healthy lunch from her magical pantry!</i>
		Fruit	Applesauce	Fruit Cocktail	Grapes	Peaches	
	Snack	Snack Grain	Green Beans	Kidney Beans	Corn	Mashed Potatoes & Gravy	Graham Crackers
		Snack Fruit	Graham Crackers	WG Wheat Thins	Animal Crackers	Club Crackers	Apple Wedges
			Grapes	Orange Slices	String Cheese	Grapes	
			Monday	Tuesday	Wednesday	Thursday	Friday
			01/23/23	01/24/23	01/25/23	01/26/23	01/27/23
WEEK: 4	Breakfast	Breakfast Grain	WG Oatmeal	Biscuits & Gravy	Bagels & Cream Cheese	Pancakes	WG Cereal
		Breakfast Fruit	Spiced Apples	Apple Wedges	Bananas	Orange Slices	Peaches
	Lunch	Protein	Chicken Noodle Soup	Eggy Cakey Thingy	Turkey Hot Dogs	Taco Salad	Gigi's Famous Chili
		Grain	WG Noodles	WG Toast	WG Hot Dog Buns	Tortilla Chips	WG Crackers
		Fruit	Fruit Cocktail	Pears	Peaches	Grapes	Fruit Cocktail
	Snack	Snack Grain	Peas	Carrots	Baked Beans	Corn	Kidney Beans
		Snack Fruit	Club Crackers	Cheeze It's	Animal Crackers	WG Wheat Thins	Ritz Crackers
			Orange Slices	String Cheese	Apple Wedges	Bananas	Grapes
			Monday	Tuesday			Friday
			01/30/23	01/31/23			01/27/23
WEEK: 5	Breakfast	Breakfast Grain	Biscuits & Gravy	French Toast			
		Breakfast Fruit	Apple Wedges	Peaches			
	Lunch	Protein	Chicken Nuggets	Hamburger Pizza			
		Grain	WG Toast	WG Toast			
		Fruit	Pears	Applesauce			
	Snack	Snack Grain	Green Beans	Corn			
		Snack Fruit	Cheeze It's	Ritz Crackers			
			Grapes	String Cheese			

Healthy Choices for a New Year!
 Including foods and activities that your family prefers will help everyone stick to the goal!
 Ask these questions when planning for your healthy habits:
 What types of activities do you enjoy the most?
 What foods are an important part of your culture and traditions?