

Breakfast Daily
Cheese Stick
Fruit
Juice & Milk



Breakfast Prices
Free

January Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Jan No School
4-Jan No School	5-Jan No School	6-Jan No School	7-Jan No School	8-Jan No School
11-Jan Cereal	12-Jan Cinnamon Rolls	13-Jan Yogurt	14-Jan Danish	15-Jan Cereal
18-Jan No School	19-Jan Cinnamon Rolls	20-Jan Yogurt	21-Jan Danish	22-Jan Cereal
25-Jan Cereal	26-Jan Cinnamon Rolls	27-Jan Yogurt	28-Jan Danish	29-Jan Cereal

January Lunch Menu

10 tips to a great plate

#1

Balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

1% or Non Fat Milk is served daily

Lunch Prices

Free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Jan No School
4-Jan No School	5-Jan No School	6-Jan No School	7-Jan No School	8-Jan No School
11-Jan Corn Dogs Chips Veggie & Fruit	12-Jan Burrito Tortilla Chips Veggie & Fruit	13-Jan Chicken Nuggets Fries Veggie & Fruit	14-Jan Taqitos Chips Veggie & Fruit	15-Jan Peanut Butter & Jelly Chips Veggie & Fruit
18-Jan No School	19-Jan Burrito Tortilla Chips Veggie & Fruit	20-Jan Chicken Nuggets Fries Veggie & Fruit	21-Jan Taqitos Chips Veggie & Fruit	22-Jan Peanut Butter & Jelly Chips Veggie & Fruit
25-Jan Corn Dogs Chips Veggie & Fruit	26-Jan Burrito Tortilla Chips Veggie & Fruit	27-Jan Chicken Nuggets Fries Veggie & Fruit	28-Jan Taqitos Chips Veggie & Fruit	29-Jan Peanut Butter & Jelly Chips Veggie & Fruit

In the operations of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C., 20250.

En las operaciones de alimentacion para niños, ningún niño será discriminado a causa de raza, color, origen nacional, la edad o la incapacidad. Si usted cree que usted ha sido discriminado, escriba inmediatamente al Secretario de Agricultura, Washington, D.C., 20250.