

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Teriyaki Chicken & Rice or Cheesy French Bread*	9 Chicken Drumstick & Potato Wedges or Cheese Quesadilla* Honey Grahams	10 Orange Chicken & Rice or Nacho Cheese & Chips* Fortune Cookie	11 Garlex Pizza  Pepperoni Cheese, Hawaiian or Vegetarian*	12 Mini Twin Burgers (beef) or Nacho Bites* TGIFridays Crunchy Fries 
15 Martin Luther King Day 	16 Chicken Corn Dog & Tater Tots or Cheese Lasagna Marinara*	17 Turkey & Gravy Mashed Potatoes or Zesty Chili* SuperStar Corn Muffin	18 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	19 Cheeseburger (beef) or Bean & Cheese Chalupa* Cinnamon Churro
22 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie	23 Mini Chicken Tacos or Baked Potato Bar* Doritos	24 Hot Dog (turkey) or Macaroni & Cheese*	25 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	26 Cheese Omelet Crispy Potatoes*  or Crispy Chicken Sandwich Birthday Frozen Yogurt
29 Cheeseburger Meatloaf Potatoes & Dinner Roll or Cheesy Breadsticks* & Marinara Sauce	30 Chicken Drumstick & Potato Wedges or Cheese Quesadilla* Honey Grahams	31 Orange Chicken & Rice or Nacho Cheese & Chips* Fortune Cookie	1 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	2 Mini Twin Burgers (beef) or Nacho Bites* Cool Tropics Slushie 

S A L A D B A R

Fruit	Fruit	Fruit	Fruit	Fruit
Seasonal Fruit 1/2 cup	Orange Smiles 1/2 cup	Apple Slices 1/2 cup	Fruit Cups 1/2 cup	100% Fruit Juice 4oz
Veggies Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Sweet Corn 1/4 cup	Veggies Garden Salad 1/2 cup Celery Sticks 1/4 cup Kidney or Garbanzo 1/4 cup	Veggies Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Cucumber Slices 1/4 cup	Veggies Garden Salad 1/2 cup Celery Sticks 1/4 cup Kidney or Garbanzo 1/4 cup	Veggies Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Green Peas 1/4 cup
Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate

B R E A K F A S T

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Roll* Applesauce or Raisins 100% fruit juice 4oz	Egg & Cheese Pita* Applesauce or Raisins 100% fruit juice 4oz	Crumb Square* Applesauce or Raisins 100% fruit juice 4oz	Chicken & Waffles Applesauce or Raisins 100% fruit juice 4oz	Dutch Waffle* Applesauce or Raisins 100% fruit juice 4oz

Also Available Daily at Breakfast:

-Cold Cereal , fruit , and milk

Also Available Daily at Lunch:

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola
- Veggie Lunchable or Cheese and Fruit Cup



* = Vegetarian Options

****Celebrate January Birthdays on the 26th with a fun treat!!****

BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% fruit juice, and milk

LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50
 Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

All meals meet USDA guidelines. Please keep student meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.