

# JANUARY

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

## SALAD BAR

| 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   | Veggies   | Veggies  | Veggies   | Veggies   |
| Crisp Romaine 1/2 cup<br>Mini Carrots 1/4 cup<br>Sweet Corn 1/4 cup | Garden Salad 1/2 cup<br>Celery Sticks 1/4 cup<br>Kidney or Garbanzo 1/4 cup | Crisp Romaine 1/2 cup<br>Mini Carrots 1/4 cup<br>Cucumber Slices 1/4 cup | Garden Salad 1/2 cup<br>Celery Sticks 1/4 cup<br>Kidney or Garbanzo 1/4 cup | Crisp Romaine 1/2 cup<br>Mini Carrots 1/4 cup<br>Green Peas 1/4 cup |
| Milk  | Milk  | Milk   | Milk  | Milk  |
| 1% or Non-fat White<br>Non-fat Chocolate                            | 1% or Non-fat White<br>Non-fat Chocolate                                    | 1% or Non-fat White<br>Non-fat Chocolate                                 | 1% or Non-fat White<br>Non-fat Chocolate                                    | 1% or Non-fat White<br>Non-fat Chocolate                            |

## BREAKFAST

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