

BREAKFAST

LUNCH

January 2023

Elementary

LIFETIME FOUNDATION
HEALTHY PEOPLE. HEALTHY PLANET.



Monday

Tuesday

Wednesday

Thursday

Friday



Yogurt with Educational Crackers **4**
.....
Grilled Cheese
Tomato Soup
Applesauce

Turkey Sausage Pancake Wrap **5**
.....
Bean Tostada
Elote Corn
Peaches

Oatmeal Breakfast Bar **6**
.....
Cheese Pizza
Bean Salad
Strawberry Cup

Mini Waffles **9**
.....
Teriyaki Chicken
Yakisoba Noodles
Broccoli
Pears

Whole Grain Cereal Graham Crackers **10**
.....
Chicken Pot Pie
Baby Carrots
Strawberry Cup

Banana Chocolate Muffin String Cheese **11**
.....
Chicken Nuggets
Dinner Roll
Chicken Noodle Soup
Mixed Fruit

Cinnamon Bun **12**
.....
Chili Cheese Nachos
Black Beans
Peaches

Bagel with Cream Cheese **13**
.....
Cheeseburger
Sweet Potato Fries
Applesauce



Yogurt with Educational Crackers **17**
.....
Beef Strips
Dinner Roll
Mashed Potatoes & Gravy
Pears

Hummingbird Muffin String Cheese **18**
.....
Chicken Corn Dog
Minestrone Soup
Strawberry Cup

Turkey Sausage Pancake Wrap **19**
.....
Chicken Patty Sandwich
Baked Beans
Applesauce

Oatmeal Breakfast Bar **20**
.....
Cheese Pizza
Broccoli
Peaches

Mini Waffles **23**
.....
Cheese Quesadilla
Baby Carrots
Strawberry Cup

Whole Grain Cereal Graham Crackers **24**
.....
Pasta and Meat Sauce
Bean Salad
Pears

Blueberry Muffin String Cheese **25**
.....
Popcorn Chicken
Dinner Roll
Pozole Soup
Peaches

Cinnamon Bun **26**
.....
Pull Apart Cheese Breadsticks
Marinara Sauce
Pears

Bagel with Cream Cheese **27**
.....
Fish Nuggets
Oven Fries
Applesauce

Oatmeal Breakfast Bar **30**
.....
Chicken Tamale
Pinto Beans
Applesauce

Yogurt with Educational Crackers **31**
.....
Breakfast for Lunch
Hash Browns
Peaches

Daily Breakfast

Breakfast Special
Seasonal Whole
Fresh Fruit
100% Fruit Juice
1% or Skim Milk

Daily Lunch

Lunch Special
Peanut Butter & Jelly Sandwich
Rotating 3rd Lunch Entrée
Seasonal Whole Fresh Fruit
Crispy Garden Salad
1% or Skim Milk

Rotating 3rd Entrée

Monday/Thursday
Turkey Ham and Cheese Sub
Tuesday/Friday
Chicken Ranch Wrap
Wednesday
Large Garden Salad with Turkey

	Vegetarian		Fish		Poultry
	Gluten Free		Pork		Beef

Please bear with us as we deal with supply chain issues.
Menu items may change due to availability.
This institution is an equal opportunity provider
Questions? Call the Child Nutrition Office at 602-707-2021