

BREAKFAST

LUNCH

January 2023

Middle

LIFETIME FOUNDATION
HEALTHY PEOPLE. HEALTHY PLANET.



Monday

Tuesday

Wednesday

Thursday

Friday



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

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

Oatmeal Breakfast Bar **6**
.....
Cheese Pizza

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

Whole Grain Cereal Graham Crackers **10**
.....
Chicken Pot Pie

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

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

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



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

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

Turkey Sausage Pancake Wrap **19**
.....
Chicken Patty Sandwich

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

Mini Waffles **23**
.....
Cheese Quesadilla

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

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

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

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

Oatmeal Breakfast Bar **30**
.....
Chicken Tamale

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

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
Garden Salad Bar
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