



POWER UP

FRESH, LOCAL, DELICIOUS

Available With All Meals:

- Variety of Fruits & Vegetables
- 1% white milk, lactose free milk, and soy milk. Fat-free chocolate milk on Fridays



JANUARY 2021 On-Site Student Menu

This menu shows the daily offering for breakfast and lunch for grades Kindergarten through 2, Day Camp and other in-school programs. **Thanks to the US Department of Agriculture all children 18 years and younger will receive FREE meals for the rest of the school year.** Please join us every school day for breakfast and lunch!

January 4	5	6	7	8
BeneFIT Bar <hr/> Yogurt Grab & Go ♻️	Whole Grain Muffin Mozzarella String Cheese <hr/> Chicken Fillet Bites Cheddar Crackers	Whole Grain Bagel with Cream Cheese <hr/> Turkey and Cheese Sandwich	BeneFIT Bar <hr/> Cheese Pizza ♻️	Egg & Cheese Breakfast Sandwich <hr/> Bean and Cheese Burrito ♻️
11	12	13	14	15
BeneFIT Bar <hr/> Sunflower Butter & Jelly Sandwich ♻️ with String Cheese	Whole Grain Muffin Mozzarella String Cheese <hr/> Cheeseburger	<i>Special</i> Whole Grain Belgian-style Liege Waffle <hr/> Yogurt Grab & Go ♻️	BeneFIT Bar <hr/> Cheese Pizza ♻️	Egg & Cheese Breakfast Sandwich <hr/> Mac and Cheese ♻️
18	19	20	21	22
Martin Luther King Jr. Day No School	Whole Grain Muffin Mozzarella String Cheese <hr/> Cheesy Mozzarella Pocket ♻️	Whole Grain Bagel with Cream Cheese <hr/> Sunflower Butter & Jelly Sandwich ♻️ with String Cheese	BeneFIT Bar <hr/> Cheese Pizza ♻️	Egg & Cheese Breakfast Sandwich <hr/> 100% Beef Hot Dog 
25	26	27	28	29
BeneFIT Bar <hr/> Yogurt Grab & Go ♻️	Whole Grain Muffin Mozzarella String Cheese <hr/> Chicken Fillet Bites Cheddar Crackers	Whole Grain Bagel with Cream Cheese <hr/> Turkey and Cheese Sandwich	BeneFIT Bar <hr/> Cheese Pizza ♻️	Egg & Cheese Breakfast Sandwich <hr/> Bean and Cheese Burrito ♻️



Whole Grains for a Happy New Year!

Did you know that nearly all of our grain foods are made with at least 50% whole grains? Whole grains provide more fiber, vitamins and minerals to keep your body fueled and healthy through the school day. We hope you enjoy a special whole grain-rich Maple Belgian-style Liege Waffles this month, in addition to our other whole grain-rich breakfast and lunch items.

Menus are subject to change
 ♻️ Symbol shows vegetarian option
 This institution is an equal opportunity provider

