



POWER UP
FRESH, LOCAL, DELICIOUS



Available With All Meals:
Variety of Fruits & Vegetables
Nonfat, 1%, Nonfat Chocolate Milk,
Soy Milk or Lactose Free Milk

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.

Week of	Breakfast Menu	Lunch Menu	Vegetarian Lunch Menu
January 4	Whole Grain Cereal x2 Whole Grain Muffin Bagel with Cream Cheese BeneFIT Bar	100% Beef Cheeseburger Beef Stick Lunch Kit Turkey and Cheese Sandwich Sunflower Butter and Jelly Sandwich Bean and Cheese Burrito	Sunflower Butter and Jelly Sandwich x2 Yogurt Grab and Go Cheese Sandwich Bean and Cheese Burrito
January 11	Whole Grain Cereal Whole Grain Muffin Bagel with Cream Cheese BeneFIT Bar Maple Belgian Liege Waffle <i>Special</i>	Chicken Fillet Sandwich Cheesy Mozzarella Pocket with Marinara NACHOS! Cheese Pizza Chicken and Pinto Bean Burrito <i>NEW</i>	Sunflower Butter and Jelly Sandwich Cheesy Mozzarella Pocket with Marinara Vegetarian NACHOS! Cheese Pizza Bean and Cheese Burrito
January 18	Whole Grain Cereal x2 Whole Grain Muffin Bagel with Cream Cheese BeneFIT Bar	Chicken Egg Roll Hot Dog (local) Yogurt Grab and Go Buffalo Chicken Mac and Cheese <i>NEW</i> Breaded Chicken Drumstick	Sunflower Butter and Jelly Sandwich Cheese Sandwich Yogurt Grab and GO Mac and Cheese Bean and Cheese Burrito
January 25	Whole Grain Cereal x2 Whole Grain Muffin Bagel with Cream Cheese BeneFIT Bar	100% Beef Cheeseburger Chicken Fillet Bites Turkey and Cheese Sandwich Pasta with Meat Sauce Bean and Cheese Burrito	Sunflower Butter and Jelly Sandwich Yogurt Grab and Go Cheese Sandwich Mac and Cheese Bean and Cheese Burrito

5-day Meal Kit pick up is on Monday from 11:50 AM – 12:50 PM, Tuesday from 5:00 – 6:00 PM, and Wednesday from 11:50 AM – 12:30 PM. For more information on our meal pick up times and locations please visit www.spokaneschools.org/meals. For students attending programs in school buildings, we are offering on-site meal service. *The US Department of Agriculture gave approval for all children 18 years and younger receive FREE meals through the end of the school year.* Please join us every week for 5-day meal kits.

Menus are subject to change. This institution is an equal opportunity provider

MEAL KIT MENU JANUARY 2021