

## NOTES

A program meal must include foods from at least 3 food groups. One item must be a ½ cup of vegetables or either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>New Year, New Look</u></b> 1  Add money to students account on the MYSCHOOLBUCKS app	Nachos w Beef & Cheese 2 <i>Chicken Nuggets</i> Chicken Caesar Salad Pretzel & Yogurt PB&J Pack Orange Smiles Black Beans	Cheese Pizza 3 Pepperoni Pizza <i>Chicken Nuggets</i> Chicken Caesar Salad Pretzel & Yogurt PB&J Pack Apple Slices Baby Carrots	Cheeseburger 4 Deluxe Garden Burger <i>Chicken Nuggets</i> Chicken Caesar Salad Pretzel & Yogurt PB&J Pack Juicy Peaches Steamed Corn	Grilled Cheese 5 with Tomato Soup <i>Chicken Nuggets</i> Chicken Caesar Salad Pretzel & Yogurt PB&J Pack Mixed Fruit Green Beans
Mini Waffles 8 with Hash Brown Potatoes <i>Hot Dog on a Bun</i> Cheese Hoagie PB&J Pack Fruit & Cheese Plate Applesauce Celery Sticks	Chicken Quesadilla 9 Cheese Quesadilla <i>Hot Dog on a Bun</i> Cheese Hoagie PB&J Pack Fruit & Cheese Plate Orange Smiles Black Beans	Cheese Pizza 10 Cheeseburger Pizza <i>Hot Dog on a Bun</i> Cheese Hoagie PB&J Pack Fruit & Cheese Plate Apple Slices Baby Carrots	Chicken Patty 11 Chicken Parm Sandwich <i>Hot Dog on a Bun</i> Cheese Hoagie PB&J Pack Fruit & Cheese Plate Juicy Peaches Steamed Corn	Pasta with Marinara 12 and Meatballs <i>Hot Dog on a Bun</i> Cheese Hoagie PB&J Pack Fruit & Cheese Plate Mixed Fruit Green Beans
<b><u>Martin Luther King Jr Day School is Closed</u></b> 15	Kickin' Chicken 16 and Rice Bowl <i>LTO Turkey Quesa-Birria</i> Chef's Salad PB&J Pack Bagel Bundle Applesauce Black Beans	Cheese Pizza 17 Taco Pizza <i>LTO Turkey Quesa-Birria</i> Chef's Salad PB&J Pack Bagel Bundle Apple Slices Baby Carrots	Chicken Drumstick 18 w dinner roll <i>LTO Turkey Quesa-Birria</i> Chef's Salad PB&J Pack Bagel Bundle Juicy Peaches Steamed Corn	Corn Dog Nuggets 19 w Crinkle Cut Fries <i>LTO Turkey Quesa-Birria</i> Chef's Salad Bagel Bundle Mixed Fruit Baked Beans
<b><u>National Hot Sauce Day</u></b> 22 Pancakes w Sausage Patty <i>Mac N' Cheese</i> Buffalo Chicken Wrap Ham & Cheese Pinwheel PB&J Pack Applesauce Celery Sticks	Walking Nachos 23 <i>Mac N' Cheese</i> Buffalo Chicken Wrap Ham & Cheese Pinwheel PB&J Pack Orange Smiles Black Beans	Corn Dog w Fries 24 <i>Mac N' Cheese</i> Buffalo Chicken Wrap Ham & Cheese Pinwheel PB&J Pack Apple Slices Baby Carrots	Chicken Tenders 25 w Creamy Rice <i>Mac N' Cheese</i> Buffalo Chicken wrap Ham & Cheese Pinwheel PB&J Pack Juicy Peaches Steamed Corn	<b><u>Early Dismissal For Students</u></b> 26
French Toast 29 w Hash Brown <i>Grilled Cheese</i> Caesar Salad PB&J Pack Muffin & Yogurt Pack Applesauce Celery Sticks	Kickin' Chicken 30 & Rice Bowl <i>Grilled Cheese</i> Caesar Salad PB&J Pack Muffin & Yogurt Pack Orange Smiles Black Beans	Cheese Pizza 31 Sausage Pizza <i>Grilled Cheese</i> Caesar Salad PB&J Pack Muffin & Yogurt Pack Apple Slices Baby Carrots	<b>Wellness Tip of the Month:</b> Oranges are in the berry family. Oranges originated 2,300 years ago. Brazil grows the most oranges per year than any other country. Oranges are on the menu every Tuesday. 	