

This menu is subject to change due to availability of food or school closure!

This Institution is an equal opportunity provider and employer

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
30	31	1 No School! New Year's Day	2 NO SCHOOL!	3 NO SCHOOL!	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
6 Cereal Fruit Milk Hms/Shs Pancakes	7 Waffle Fruit Milk	8 Nutrigrain Bar Hms/Shs Biscuit(Sausage-egg-cheese) Fruit Milk	9 Muffin Yogurt Cheese stick Juice Milk	10 Bagel stick Hms/Shs Breakfast pizza Fruit Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
13 Cereal Bar Hms/Shs Hot Oatmeal Fruit Juice Milk	14 Pancakes Fruit Juice Milk	15 French Toast Juice Milk	16 Frudel Fruit Milk	17 Cinnamon Roll Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
20 MARTIN LUTHER KING, JR. DAY NO SCHOOL!	21 Cereal Hms/Shs Biscuit(ham-egg-cheese) Fruit Milk	22 Cini-Mini Fruit Cup Juice Milk	23 Oatmeal Bar Hms/Shs Crescent Roll Fruit Milk	24 Chex mix Yogurt Fruit cup Hms/Shs Pancakes/donuts Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
27 P&J Bar Cereal Hms/Shs Breakfast Pizza Juice Milk	28 Banana Bread Fruit Cup Milk	29 Cinnamon Toast Crunch Bar(hot) Fruit Milk	30 Cereal Hms/Shs Breakfast Pizza Bagel Juice Milk	31 Muffin Banana Juice Milk	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

