



# January 2025 Breakfast Menu

	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				2 Fresh Croissants Bananas 1% Low Fat Milk	3 Baked Turkey Bacon/ Veggie Sausages Hashbrowns Oranges 1% Low Fat Milk
<b>Week 2</b>	6 Corn Muffins Applesauce 1% Low Fat Milk	7 Whole Wheat Bagels Oranges 1% Low Fat Milk	8 French Toast Sticks Strawberries 1% Low Fat Milk	9 Fresh Croissants Bananas 1% Low Fat Milk	10 Baked Turkey Bacon/ Veggie Sausages Hashbrowns Oranges 1% Low Fat Milk
<b>Week 3</b>	13 Corn Muffins Applesauce 1% Low Fat Milk	14 Whole Wheat Bagels Oranges 1% Low Fat Milk	15 French Toast Sticks Strawberries 1% Low Fat Milk	16 Fresh Croissants Bananas 1% Low Fat Milk	17 Baked Turkey Bacon/ Veggie Sausages Hashbrowns Oranges 1% Low Fat Milk
<b>Week 4</b>	MLK JR. DAY	21 Whole Wheat Bagels Oranges 1% Low Fat Milk	22 French Toast Sticks Strawberries 1% Low Fat Milk	23 Fresh Croissants Bananas 1% Low Fat Milk	24 Baked Turkey Bacon/ Veggie Sausages Hashbrowns Oranges 1% Low Fat Milk
<b>Week 5</b>	27 Corn Muffins Applesauce 1% Low Fat Milk	28 Whole Wheat Bagels Oranges 1% Low Fat Milk	29 French Toast Sticks Strawberries 1% Low Fat Milk	30 Fresh Croissants Bananas 1% Low Fat Milk	31 Baked Turkey Bacon/ Veggie Sausages Hashbrowns Oranges 1% Low Fat Milk






**\*MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS\* \*ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. ALMOND, OAT, ETC.)\***

**\*VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY\***



# January 2025 Lunch Menu

	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				2 Fresh Cheese Pizza Corn/Mixed Veggies/ Applesauce 1% Low Fat Milk	3 Baked Penne Pasta w/ Ground Turkey/Mixed Salad/Pineapple 1% Low Fat Milk
<b>Week 2</b>	6 Mac & Cheese Broccoli/Mixed Fruit Cup 1% Low Fat Milk	7 Fish Tacos/Lettuce/ Cheese Pineapples 1% Low Fat Milk	8 Rice&Peas/Baked Chicken/Plantains/ Mixed Salad 1% Low Fat Milk	9 Chicken Tenders French Fries Salad 1% Low Fat Milk	10 Jamaican Patties Whole Wheat Roll Salad & Pears 1% Low Fat Milk
<b>Week 3</b>	13 Grilled Cheese w/ Spinach/Applesauce 1% Low Fat Milk	14 Chicken Patty w/Whole Wheat Bun/Lettuce/ Tomato/Cheese 1% Low Fat Milk	15 Pea Soup w/Wheat Roll 1% Low Fat Milk	16 Crispy Baked Fish w/ Hawaiian Wheat Roll French Fries/Honeydew 1% Low Fat Milk	17 Baked Penne Pasta w/ Ground Turkey/Mixed Salad/Pineapple 1% Low Fat Milk
<b>Week 4</b>	MLK JR . DAY	21 Fish Tacos/Lettuce/ Cheese Pineapples 1% Low Fat Milk	22 Rice&Peas/Baked Chicken/Plantains/ Mixed Salad 1% Low Fat Milk	23 Chicken Tenders French Fries Salad 1% Low Fat Milk	24 Jamaican Patties Whole Wheat Roll Salad & Pears 1% Low Fat Milk
<b>Week 5</b>	27 Grilled Cheese w/ Spinach/Applesauce 1% Low Fat Milk	28 Turkey Burger w/Whole Whole Bun/Lettuce/ Tomato/Cheese 1% Low Fat Milk	29 Pea Soup w/Wheat Roll 1% Low Fat Milk	30 Crispy Baked Fish w/ Hawaiian Wheat Roll French Fries/Honeydew 1% Low Fat Milk	31 Fresh Cheese Pizza Mixed Salad Pineapples 1% Low Fat Milk




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# January 2025 Vegetarian Lunch Menu

	Mon	Tue	Wed	Thu	Fri
<b>Week 1</b>				2 Fresh Cheese Pizza Corn/Pineapples 1% Low Fat Milk	3 Tofu Penne Pasta/Mixed Salad/Pineapple 1% Low Fat Milk
<b>Week 2</b>	6 Elbow Tomato Pasta Broccoli/Mixed Fruit Cup 1% Low Fat Milk	7 Fish Tacos w/Lettuce/ Cheese Pineapples 1% Low Fat Milk	8 Rice&Peas/Plantain/ Mixed Salad 1% Low Fat Milk	9 MorningStar Chik'n Nuggets/French Fries Salad 1% Low Fat Milk	10 Jamaican Veggie Patties/Whole Wheat Roll/Salad & Pears 1% Low Fat Milk
<b>Week 3</b>	13 Grilled Cheese w/ Spinach/Applesauce 1% Low Fat Milk	14 Morningstar Burger W/W Bun/Lettuce/ Tomato 1% Low Fat Milk	15 Pea Soup w/Wheat Roll 1% Low Fat Milk	16 Crispy Baked Fish w/ Hawaiian Wheat Roll French Fries/Honeydew 1% Low Fat Milk	17 Tofu Penne Pasta/Mixed Salad/Pineapple 1% Low Fat Milk
<b>Week 4</b>	MLK JR. DAY	21 Fish Tacos w/Lettuce/ Cheese Pineapples 1% Low Fat Milk	22 Rice&Peas/Plantain/ Mixed Salad 1% Low Fat Milk	23 MorningStar Chik'n Nuggets/French Fries Salad 1% Low Fat Milk	24 Jamaican Veggie Patties/Whole Wheat Roll/Salad & Pears 1% Low Fat Milk
<b>Week 5</b>	27 Grilled Cheese w/ Spinach/Applesauce 1% Low Fat Milk	28 Morningstar Burger W/W Bun/Lettuce/ Tomato 1% Low Fat Milk	29 Pea Soup w/Wheat Roll 1% Low Fat Milk	30 Crispy Baked Fish w/ Hawaiian Wheat Roll French Fries/Honeydew 1% Low Fat Milk	31 Fresh Cheese Pizza Corn/Pineapples 1% Low Fat Milk



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**\*VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY\***



# January 2025 Snack Menu

	Mon	Tue	Wed	Thu	Fri
Week 1				2 W/G Pretzels 100% Apple Juice <b>Applesauce*</b>	3 Goldfish Crackers Mixed Fruit Cup
Week 2	6 Goldfish Crackers Mixed Fruit Cup	7 Whole Grain Cheez-Its Oranges	8 Yogurt Strawberries	9 W/G Pretzels 100% Apple Juice <b>Applesauce*</b>	10 Goldfish Crackers Mixed Fruit Cup
Week 3	13 Goldfish Crackers Mixed Fruit Cup	14 Whole Grain Cheez-Its Oranges	15 Yogurt Strawberries	16 W/G Pretzels 100% Apple Juice <b>Applesauce*</b>	17 Goldfish Crackers Mixed Fruit Cup
Week 4	MLK JR. DAY	21 Whole Grain Cheez-Its Oranges	22 Yogurt Strawberries	23 W/G Pretzels 100% Apple Juice <b>Applesauce*</b>	24 Goldfish Crackers Mixed Fruit Cup
Week 5	27 Goldfish Crackers Mixed Fruit Cup	28 Whole Grain Cheez-Its Oranges	29 Yogurt Strawberries	30 W/G Pretzels 100% Apple Juice <b>Applesauce*</b>	31 Goldfish Crackers Mixed Fruit Cup



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**\*Note: When 100% Juice is served, students six years old and above receive the juice and fruit listed.**