


FRUIT Coffee



If you have juice in the morning and your parents have coffee, you're both having a fruit drink! Coffee begins with the ripe red beans of the coffee plant. The seeds inside these fruits are made into coffee.

OF THE MONTH

Monday, January 17

District Close Holiday

Martin Luther King Day

Tuesday, January 18

Breakfast

PB & Jelly Sand. OR Hot Cereal, Asst. Juice, Banana, Assorted Milk

Lunch

Chicken Nuggets
Dinner Roll
Mixed Vegetables
Applesauce
Assorted Milk
H/S,M/S Alternate Choice

Wednesday, January 19

Breakfast

Western omelet
Quesadilla, Salsa,
Diced Pears, Apple,
Assorted Milk

Lunch

Beef Burrito
Brown Rice
Romaine Salad
Fresh Fruit
Assorted Milk
H/S,M/S Alternate Choice

Thursday, January 20

Breakfast

WG Bagel, Cream Cheese, Asst.. Juice, Orange, Assorted Milk

Lunch

Mandarin Orange
Chicken
Seasoned Brown Rice
Green Beans
Fresh Fruit
Assorted Milk
HS/MS Alternate Choice

Friday, January 21

Breakfast

French Toast, Syrup, Applesauce, Assorted of Milk

Lunch

Sloppy Joe
French Fries
Baked Beans
Fruit Mix
Assorted Milk
H/S,M/S Alternate Choice

Monday, January 24

Breakfast

Cinnamon Crisp, Yogurt, Banana, Assorted Milk

Lunch

Choice of Pizza
Romaine Salad
Ranch Dressing
Celery Sticks
Fresh Fruit
Assorted Milk
H/S,M/S Alternate Choice

Tuesday, January 25

Breakfast

Hot OR Cold Cereal, Graham Cracker, Asst. Juice, Fresh Grapes, Assorted Milk

Lunch

Pork Pozole
WG Flatbread
Steamed Broccoli
Fruit Salad
Assorted Milk
H/S,M/S Alternate Choice

Wednesday, January 26

Breakfast

Breakfast Burrito, Salsa, Applesauce, Assorted Milk

Lunch

Chicken Drumsticks
WG Bread Slice
Mashed Potato w/ Gravy
Mixed Vegetables
Fresh Fruit
Assorted Milk
H/S,M/S Alternate Choice

Thursday, January 27

Breakfast

Blueberry Muffin, Yogurt, Orange, Assorted Milk

Lunch

Mandarin Orange
Chicken w/ Br. Rice
Parsley Carrots
Green Beans
Sliced Peaches
Assorted Milk
H/S,M/S Alternate Choice

Friday, January 28

Breakfast

Brown Rice Or Cold Cereal, Scramble Eggs, Apple, Asst. Milk

Lunch

Spaghetti w/ Meat Sauce
Romaine Salad
Ranch Dressing
Diced Peaches
H/S,M/S Alternate Choice

Monday, January 31

Breakfast


Hot Cereal, WG Toast w/Jelly, Sliced Pears, Choice of Milk

Lunch

Hotdog on a Bun
Vegetarian Beans
Celery Sticks w/ Dressing
Fruited Jell-O
HS/MS Alternate Choice

What's on YOUR plate?

Q: POPEYE



Can you name the "super food" that gave Popeye his strength and was also the first vegetable sold frozen?

A: It's SPINACH, of course! Spinach contains an incredible amount of protein for a veggie. Plus, it's off the charts for vitamins A and K; it's a good source of fiber, and it's loaded with disease-fighting "carotenoids." No wonder it made Popeye so strong!

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for convenient, economical, healthy meals!
All of our complete meals are always

NO CHARGE for all students

with no need to submit an application, thanks to the Community Eligibility Program!