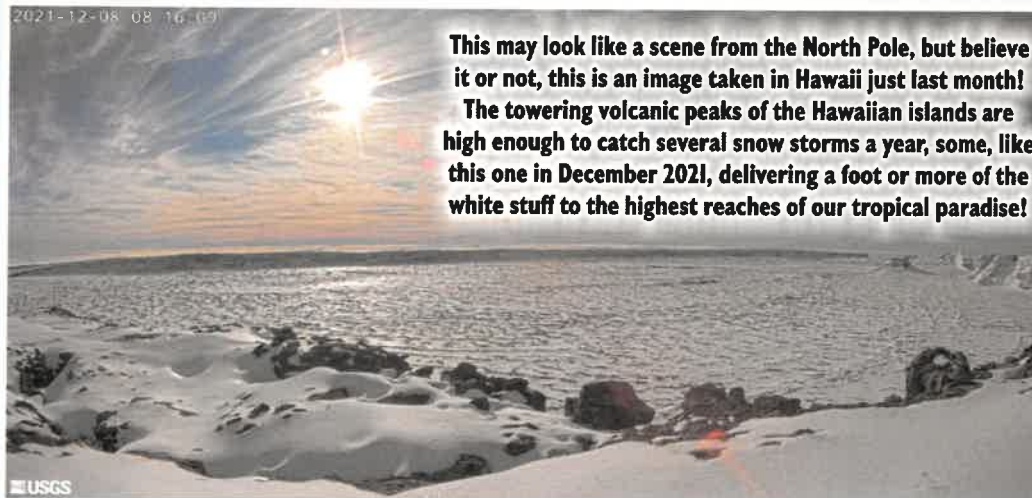


Ganado Unified School District #20

Menus for January 2022

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



This may look like a scene from the North Pole, but believe it or not, this is an image taken in Hawaii just last month! The towering volcanic peaks of the Hawaiian islands are high enough to catch several snow storms a year, some, like this one in December 2021, delivering a foot or more of the white stuff to the highest reaches of our tropical paradise!

Monday, January 3

Breakfast

Hot or Cold Cereal,
WG Toast, Jelly,
Diced Pears, Apple,
Choice of Milk

Lunch

Hotdog on a WG Bun
Ranch Style Beans
Baby Carrots w/
Dressing
Diced Peaches
Choice of Milk
(M/S, H/S Alternate Choice)

Tuesday, January 4

Breakfast

Breakfast Burrito,
Salsa, Applesauce,
Orange,
Choice of Milk

Lunch

Pork Pozole
WG Fry Bread
Romaine Salad
Ranch Dressing
Fresh Apple
Choice of Milk
(H/S, M/S Alternate Choice)

Wednesday, January 5

Breakfast

Blue Corn Mush,
Sausage Patty, Asst.
Juice, Apple slices, PB,
Choice of Milk

Lunch

Frito Chili Pie
Tossed Salad w/
Dressing
Celery Sticks
Fruited Jell-O
Choice of Milk
(Alternate Choice @ M/S, H/S)

Thursday, January 6

Breakfast

Blueberry Muffin,,
Scramble Egg,
Diced Peaches,
Choice of Milk

Lunch

Braised Beef
Seasoned Brown Rice
Whole Kernel Corn
Steamed Broccoli
WG Dinner Rolls
Fruit Mix
Choice of Milk
(Alternate Choice @ M/S, H/S)

Friday, January 7

Breakfast

WG Biscuits OR WG
Toast, Country Gravy,
Asst. Juice, Banana,
Choice of Milk

Lunch

Pepperoni Pizza
Tossed Salad
Ranch Dressing
Strawberries/Peaches
Choice of Milk
(Alternate Choice @ M/S, H/S)

COLD ≠ COLD.

Cold weather doesn't cause colds - viruses do! Same with the flu. Kids (and adults) should always dress appropriately outdoors for comfort and to avoid frostbite. But if you don't want to get sick, you should wash your hands!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, January 10

Breakfast

Breakfast Taco, Salsa,
Asst. Juice,
Diced Pears
Choice of Milk

Lunch

Native Taco w/
Fry Bread
Shred Lettuce, Tomato
Salsa
Fruit Mix
Choice of Milk
(Alternate Choice @ M/S, H/S)

Tuesday, January 11

Breakfast

Pancake, Syrup,
Sausage Patty,
Applesauce,
Choice of Milk

Lunch

BBQ Chicken
WG Cornbread
Seasoned Brown Rice
Steamed Carrots
Pineapple Tidbits
Choice of Milk
(Alternate Choice @ M/S, H/S)

Wednesday, January 12

Breakfast

Hot OR Cold Cereal,
Graham Crackers, Fruit
Mix, Fresh Apple
Choice of Milk

Lunch

Chicken Bowl
Zucchini Squash
WG Bread
Fresh Apple
Choice of Milk
(Alternate Choice @ M/S, H/S)

Thursday, January 13

Breakfast

Breakfast Muffin, Asst.
Yogurt, Diced
Peaches, Banana,
Choice of Milk

Lunch

Beef Stew
WG Dinner Roll
Steamed Broccoli
Fresh Orange
Choice of Milk
(Alternate Choice @ M/S, H/S)

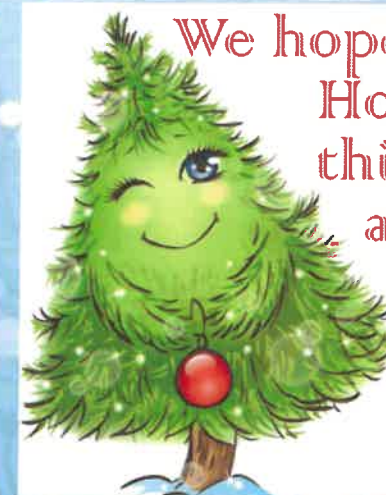
Friday, January 14

Breakfast

Breakfast Pizza OR
Hot Cereal, Asst.
Juice, Fresh Apple,
Choice of Milk

Lunch

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



We hope your
Holidays
this year
are the
best
ones
ever!