

January Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SCHOOL	2 NO SCHOOL
5 Whole Grain Waffles Chilled Peaches Organic Milk	6 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	7 Toasted Oat Cereal Fresh Apple Slices Organic Milk	8 Banana Bread Muffins Blueberries Organic Milk	9 Turkey Sausage Breakfast Potatoes Fresh Orange Wedges Organic Milk
12 Cinnamon Raisin Bread Fresh Orange Wedges Organic Milk	13 Whole Grain Pancakes Cinnamon Apples Organic Milk	14 Yogurt w/ Whole Grain Granola Blueberries Organic Milk	15 Bagel w/ Cream Cheese Fresh Orange Wedges Organic Milk	16 Breakfast Pizza (Toasted Whole Wheat English Muffin, Cream Cheese & Assorted Toppings) Pineapple Organic Milk
19 NO SCHOOL	20 Whole Grain French Toast sticks Applesauce Organic milk	21 Cornflakes Fresh Bananas Organic Milk	22 Whole Grain Pancakes Applesauce Organic Milk	23 NO SCHOOL
26 Whole Grain Waffles Applesauce Organic Milk	27 Banana Bread Muffins Blueberries Organic Milk	28 Cinnamon Raisin Bread Fresh Bananas Organic Milk	29 Whole Grain Bread Sun Butter Fresh Bananas Organic Milk	30 Cheerios Chilled Peaches Organic Milk

Additionally, GPS menus contain more of the following healthy menu items: organic milk, juices that are 100% juice and contain no dyes, whole grain pasta, whole grain and whole wheat breads, low-fat cheese, all-natural applesauce, diced fruits stored in juice (not syrup).

- **This menu is subject to change due to unforeseen circumstances.**



January Snack Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SCHOOL	2 NO SCHOOL
5 AM Corn Chex Cereal and Orange Slices PM Bagel w/ Cream Cheese & Jelly	6 AM Seasonal Fruit and Berry Animals Crackers PM Whole Grain Goldfish	7 AM Sweet Potato Crackers and Banana PM Whole Wheat Tortilla with Sun Butter	8 AM Cheddar Cheese Crackers and Carrots w/ Ranch Dressing PM Fruit and Cheese	9 AM Applesauce and Pretzels PM Carrots and Crackers w/ Ranch Dressing
12 AM Whole Grain Goldfish with Fresh Fruit PM Graham Crackers and Organic Slice	13 AM Vanilla Yogurt Pineapple PM Fruit and Cheese	14 AM Berry Animal Crackers and Diced Peaches PM Cheddar Cheese Crackers and Cucumbers Slices	15 AM Pretzels & Carrots w/ Ranch Dressing PM Berry Animal Crackers and Fresh Fruit	16 AM Cheddar Cheese Crackers and Diced Pears PM Whole Wheat Bread with Apple Butter
19 NO SCHOOL	20 AM Apple Slices Pretzels and Sun Butter PM Trail mix	21 AM Cheddar Cheese and Diced Pears PM Carrots and Crackers with Ranch Dressing	22 AM Cheddar Cheese Crackers and Carrots w/Ranch Dressing PM Fruit and Cheese	23 NO SCHOOL
26 AM Bagel w/ Cream Cheese and Jelly PM Graham Crackers and Applesauce	27 AM Sliced Cheddar Cheese and Ritz Crackers PM Seasonal Fruit and Sweet Potato Crackers	28 AM Berry Animal Crackers and Diced Peaches PM Whole Wheat Bread with Apple Butter	29 AM Vanilla Yogurt and Pineapple PM Pretzels and Applesauce	30 AM String Cheese and Pretzels PM Crackers and Orange Slices

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January Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 NO SCHOOL	2 NO SCHOOL
5 Cheeseburger Whole Grain Bun Tater Tots Fresh Fruit Organic Milk	6 Pancakes Turkey Sausage Pineapple Organic Milk	7 Grilled Chicken Steamed Broccoli Brown Rice Mandarin Oranges Organic Milk	8 Beefaroni Shredded Mozzarella Cheese Green Peas Applesauce Organic Milk	9 Chicken Tenders Salad with Ranch Dressing Fresh Bananas Organic Milk
12 Baked Fish Sticks Steamed Broccoli Fresh Orange Wedges-Organic Milk	13 Cheeseburger Whole Grain Buns Green Peas Chilled Pears Organic Milk	14 Whole Grain Pancakes Turkey Sausage Applesauce Organic Milk	15 Chicken Meatballs Marinara Noodles Tossed Vegetable Salad Chill Pears Organic Milk	16 Breaded Chicken Patty Whole Grain Bun Peas Fresh Apple Slices Organic Milk
19 NO SCHOOL	20 Turkey Taco Whole Grain Tortilla Shredded Cheese Lettuce Sour Cream Organic Milk	21 Chicken Tenders Salad w/Ranch Dressing Fresh Bananas Organic Milk	22 Chicken Swedish Meatballs Egg Noodles Green Peas Fresh Orange Wedges Organic Milk	23 NO SCHOOL
26 Macaroni and Cheese Steamed Broccoli Diced Pears Organic Milk	27 Spanish Rice with Turkey and Shredded Cheese Sour Cream Chilled Peaches Organic Milk	28 Tomato Soup Rolls String Cheese Salad w/ Ranch Dressing Organic Milk	29 Baked Fish Sticks Steamed Broccoli Fresh Orange Wedges Organic Milk	30 Cheeseburger, Whole Grain Buns Green Peas Chilled Pears Organic Milk

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