serving up happy & healthy January 2021		reviding fizona's	realest	Р	age USD Breakfast & Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan/10-Jan
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Trix Cereal	Whole Grain Apple Cinnamon Muffin	Whole Grain Cheerios	Apple Stuffed Strudel	Golden Grahams Cereal	Graham Crackers, String Cheese, Breakfast Sandwich
Fresh Fruit	Fruit Cup	Fresh Fruit	Fresh Fruit	100% Orange Juice	Fruit Cup and 100% OJ
Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Classic Cheeseburger	Beef Burrito Bowl	Spaghetti and Meatballs	Cheesy Hotdog Wrap	Roast Turkey and Gravy w/ Stuffing	Turkey n' Cheese Sandwich/Yogurt Fun Lunch
Potato Wedges, Fruit Cup	Mexican Pinto Beans, Seasoned Corn	Mixed Vegetables	Corn Salad, Apple Sauce	Mixed Vegetables, Cinnamon Pears	Carrots and Celery, Fresh Fruit, Fruit Cup
Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
11-Jan		13-Jan	14-Jan	15-Jan	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cinnamon Toast Crunch Cereal	Cherry Frudel	Whole Grain Cheerios	Cinnamon Mini Bagel	Cocoa Puff Cereal	Graham Crackers, String Cheese, Apple Cinnamon Cheerios
100% Orange Juice	Fruit Cup	100% Orange Juice	Fresh Fruit	100% Orange Juice	Fruit Cup and 100% OJ
Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
BBQ Beef Rib Sandwich	Carnitas and Cheese Quesadilla	Chicken Parm Sandwich	Mashed Potato Chicken Bowl	Cheesy Beefaroni	Ham n' Cheese Sandwich/Yogurt Fun Lunch
Baked Beans, Fresh Fruit	Mexican Pinto Beans, Corn and Pepper Salad	Fresh Broccoli, Chilled Fruit Cup	Seasoned Corn	Chilled Fruit Cup	Carrots and Celery, Fresh Fruit, Fruit Cup
Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
18-Jan		20-Jan	21-Jan	22-Jan	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Trix Cereal	Graham Crackers, String Cheese and Peanut Butter	Whole Grain Apple Cinnamon Muffin	Apple Strudel	Golden Grahams Cereal	Bagel, Peanutbutter, String Cheese, Cinnamon Toast Crunch
Fresh Fruit	Fruit Cup	Fresh Fruit	Fresh Fruit	100% Orange Juice	Fruit Cup and 100% OJ
Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
PB & J Sandwich	Teriyaki Beef, Asian Rice	BBQ Pork Sandwich	Chili Cheese Baked Potato	Macaroni and Cheese	Turkey n' Cheese Sandwich/Breded Chicken
					Drumstick
Apple Sauce, Fruit Cup	Broccoli, Sesame Carrots	Fresh Carrots, Coleslaw	Fresh Fruit	Chiiled Fruit Cup, Ranch Corn Salad	Carrots and Celery, Fresh Fruit, Fruit Cup Goldfish Crackers
Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk	Fat Free Chocolate Milk
25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	31-Jan/31-Jan
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Strawberry Cream Cheese Bagel	Blueberry Muffin	Whole Grain Cheerios	Cinnamon Mini Bagel	Cocoa Puff Cereal	Graham Crackers, String Cheese, Breakfast Sandwich
Fresh Fruit	Fruit Cup	Fresh Granny Smith Apple	100% Orange Juice	Fresh Fuji Apple	Fruit Cup and 100% OJ
Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk	Fat Free Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Pepperjack Cheese Burger	Fajita Chicken Bowl	Fish Sticks, Potato Wedges w/ Tartar Sauce	Denver Egg Bowl	Chili Cheese Dog	Ham n' Cheese Sandwich/Yogurt Fun Lunch
Carrots, Celery w/ Ranch	Mexican Beans and Rice	Coleslaw, Pretzel Goldfish	Breakfast Potato, Biscuit	Chilled Fruit Cup	Carrots and Celery, Fresh Fruit, Fruit Cup