

# Ready-To-Serve – January Menu 2023

<p>9</p> <p><b>BREAKFAST</b></p> <p>Cocoa Protein Bar Sour Blue Raspberry Raisins Strawberry Apple Crisps White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Tuscan Rotini w/ Meatballs Seasoned Green Beans Vegetable Juice Box Applesauce Cup Ocean Spray Craisins- Secondary only Assorted Low Fat Milk</p>	<p>10</p> <p><b>BREAKFAST</b></p> <p>Maple Belgian Waffle Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Popcorn Chicken * Cheez Its® Crackers* Sweet Kernel Corn Cool Tropics Berry Blue Slushie Peach Cup Strawberry Cup-Secondary only Assorted Low Fat Milk</p>	<p>11</p> <p><b>BREAKFAST</b></p> <p>Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Sloppy Joe Sandwich Mashed Potatoes Zucchini Dippers w/Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk</p>	<p>12</p> <p><b>BREAKFAST</b></p> <p>Chocolate Chip Belgian Waffle Applesauce Cup 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Dry Rub Roasted Chicken* Cornbread Muffin* Garlic and Herb Broccoli Baby Carrots w/ Ranch Fresh Satsuma Orange Peach Cup-Secondary only Assorted Low Fat Milk</p>	<p>13</p> <p><b>BREAKFAST</b></p> <p>Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Sweet &amp; Sour Chicken w/ Yellow Rice and Fortune Cookie BBQ Baked Beans Zucchini Dippers w/ Ranch Ocean Spray® Craisins Strawberry Cup-Secondary only Assorted Low Fat Milk</p>
<p>16</p> <p><b>NON-STUDENT DAY</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b></p>	<p>17</p> <p><b>BREAKFAST</b></p> <p>Chocolate Chip Belgian Waffle Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Southern Style Chicken Bites* Baked Tostitos Scoops* Seasoned Black Beans RedGold Salsa Cup Strawberry Cup (2 for Secondary) Assorted Low Fat Milk</p>	<p>18</p> <p><b>BREAKFAST</b></p> <p>Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>3 Bean Chili * Cornbread Muffin Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Red Grapes Applesauce Cup (secondary only) Assorted Low Fat Milk</p>	<p>19</p> <p><b>BREAKFAST</b></p> <p>Maple Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Cold Italian Sub Vegetable Juice Box Cheesy Spinach Bake Fresh Satsuma Orange Peach Cup(secondary only) Assorted Low Fat Milk</p>	<p>20</p> <p><b>BREAKFAST</b></p> <p>Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Teriyaki Chicken Potstickers w/ Fried Rice and Fortune Cookie Peas &amp; Carrots Zucchini Dippers w/ Ranch Ocean Spray® Craisins (2 for Secondary only) Assorted Low Fat Milk</p>
<p>23</p> <p><b>BREAKFAST</b></p> <p>Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>BBQ Pulled Chicken Sandwich Steamed Broccoli Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins(secondary only) Assorted Low Fat Milk</p>	<p>24</p> <p><b>BREAKFAST</b></p> <p>Maple Belgian Waffle Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Southern Style Chicken Bites* Cheez-It Crackers* Seasoned Black Beans Southwestern Corn Strawberry Cup (2 for secondary) Assorted Low Fat Milk</p>	<p>25</p> <p><b>BREAKFAST</b></p> <p>Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Chicken &amp; Rotini Alfredo Zucchini Dippers w/Ranch Seasoned Green Beans Fresh Red Grapes Applesauce Cup- (Secondary only) Assorted Low Fat Milk</p>	<p>26</p> <p><b>BREAKFAST</b></p> <p>Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Baked Fried Chicken Drumstick* Cornbread Muffin* Cheesy Spinach Bake Baby Carrots w/ Ranch Fresh Satsuma Orange Peach Cup-(secondary only) Assorted Low Fat Milk</p>	<p>27</p> <p><b>BREAKFAST</b></p> <p>Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>General Tso Chicken w/ Fried Rice and Fortune Cookie Veggie Juice Box Zucchini Dippers w/ Ranch Ocean Spray® Craisins (2 for Secondary only) Assorted Low Fat Milk</p>

<p>30</p> <p><b>BREAKFAST</b></p> <p>Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Lentil Pasta w/ Meat Sauce* Breadsticks (2)* Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins- Secondary only Assorted Low Fat Milk</p>	<p>31</p> <p><b>BREAKFAST</b></p> <p>Chocolate Chip Belgian Waffle Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Southern Style Chicken Bites* Cheez its® Crackers* Sweet Kernel Corn Zucchini Dipper w/Ranch Strawberry Cup Peach Cup-Secondary only Assorted Low Fat Milk</p>	<p>1</p> <p><b>BREAKFAST</b></p> <p>Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Macaroni and Cheese Breadstick(1) Peas and Carrots Baby Carrots w/ Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk</p>	<p>2</p> <p><b>BREAKFAST</b></p> <p>Maple Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Cuban Sandwich Seasoned Black Beans Vegetable Juice Box Fresh Satsuma Orange Strawberry Apple Crisps- Secondary only Assorted Low Fat Milk</p>	<p>3</p> <p><b>BREAKFAST</b></p> <p>Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b></p> <p>Teriyaki Turkey Meatballs w/ Fried Rice and Fortune Cookie Cheesy Garlic &amp; Herb Broccoli Zucchini Dippers w/ Ranch Ocean Spray® Craisins Strawberry Cup-Secondary only Assorted Low Fat Milk</p>
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SECONDARY SITES MUST SERVE A SECOND FRUIT AT LUNCH

Updated 12/9/22