

# JANUARY BREAKFAST

| MONDAY   | TUESDAY                                      | WEDNESDAY                                       | THURSDAY  | FRIDAY                              |
|--|--|---|---|-------------------------------------|
|  | NEW YEAR'S DAY!<br>1<br>No School            | 2<br><b>NO SCHOOL</b><br>Staff Development      | 3<br>• cheerios & educational snacks (shelf stable) | 4<br>• lemon muffin                 |
| 7<br>• cinnamon chex & educational snacks                | 8<br>• HOT french toast sticks (vg)          | 9<br>• blueberry burst bagel & cream cheese     | 10<br>• mini french toast muffin & string cheese    | 11<br>• plain bagel & string cheese |
| 14<br>• multigrain cheerios & mini dipperdoodle bar (df) | 15<br>• HOT chicken sausage & omelet gordita | 16<br>• HOT egg & cheese brekwich (vg)          | 17<br>• HOT buttermilk pancakes (vg)                | 18<br>banana muffin                 |
| 21<br>No School  | 22<br>• cinnamon "dipperdoodle" bar          | 23<br>• HOT French toast, turkey sausage, & egg | 24<br>• mini french toast muffin & string cheese    | 25<br>• plain bagel & cream cheese  |
| 28<br>• cheerios & education crackers                    | 29<br>• yogurt & cinnamon grahams            | 30<br>• HOT strawberry pancake bowl (vg)        | 31<br>• blueberry muffin                            |                                     |

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

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| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
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|  | <p>NEW YEAR'S DAY!</p> <p>1</p> <p>No School</p>  | <p>2</p> <p><b>NO SCHOOL</b><br/>Staff Development</p>   | <p>3</p> <ul style="list-style-type: none"> <li>• corn chex (shelf stable)</li> </ul>                      | <p>4</p> <ul style="list-style-type: none"> <li>• lemon muffin</li> </ul>                    |
| <p>7</p> <ul style="list-style-type: none"> <li>• corn chex &amp; fruit</li> </ul>                 | <p>8</p> <ul style="list-style-type: none"> <li>• HOT french toast sticks (vg)</li> </ul>                           | <p>9</p> <ul style="list-style-type: none"> <li>• blueberry bagel &amp; cream cheese</li> </ul>  | <p>10</p> <ul style="list-style-type: none"> <li>• mini french toast muffin &amp; string cheese</li> </ul> | <p>11</p> <ul style="list-style-type: none"> <li>• lemon muffin</li> </ul>                   |
| <p>14</p> <ul style="list-style-type: none"> <li>• multigrain cheerios &amp; fruit (df)</li> </ul> | <p>15</p> <ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> </ul>              | <p>16</p> <ul style="list-style-type: none"> <li>• HOT egg &amp; cheese brekwich (vg)</li> </ul> | <p>17</p> <ul style="list-style-type: none"> <li>• HOT buttermilk pancakes (vg)</li> </ul>                 | <p>18</p> <ul style="list-style-type: none"> <li>• banana muffin</li> </ul>                  |
| <p>21</p> <p>No School</p>   | <p>22</p> <ul style="list-style-type: none"> <li>• multigrain cheerios</li> </ul>                                   | <p>23</p> <ul style="list-style-type: none"> <li>• HOT french toast sticks</li> </ul>            | <p>24</p> <ul style="list-style-type: none"> <li>• mini french toast muffin &amp; string cheese</li> </ul> | <p>25</p> <ul style="list-style-type: none"> <li>• plain bagel &amp; cream cheese</li> </ul> |
| <p>28</p> <ul style="list-style-type: none"> <li>• cheerios &amp; fruit</li> </ul>                 | <p>29</p> <ul style="list-style-type: none"> <li>• yogurt &amp; cinnamon grahams</li> <li>• lemon muffin</li> </ul> | <p>30</p> <ul style="list-style-type: none"> <li>• corn chex &amp; fruit (df)</li> </ul>         | <p>31</p> <ul style="list-style-type: none"> <li>• mini French toast muffin &amp; string cheese</li> </ul> |  |

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Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

# JANUARY LUNCH

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   | <p>NEW YEAR'S DAY!</p> <p>1</p> <p>No School</p>  | <p>2</p> <p><b>NO SCHOOL</b></p> <p>Staff Development</p>   | <p>3</p> <ul style="list-style-type: none"> <li>• the revolution dog (df)</li> <li>○ sliced carrots</li> </ul>                                | <p>4</p> <ul style="list-style-type: none"> <li>• cheese pizza (vg)</li> <li>• green peas</li> </ul>                      |
| <p>7</p> <ul style="list-style-type: none"> <li>• chicken bites</li> <li>○ steamed corn</li> </ul>  | <p>8</p> <ul style="list-style-type: none"> <li>• beef burger (df)</li> <li>○ seasoned green beans (chilled)</li> </ul>       | <p>9</p> <ul style="list-style-type: none"> <li>• mongolian beef</li> <li>• Pinto Beans (Chilled)</li> <li>○ baby carrots</li> </ul>                                  | <p>10</p> <ul style="list-style-type: none"> <li>• the revolution dog (df)</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul>            | <p>11</p> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>○ sweet potatoes</li> </ul>                      |
| <p>14</p> <ul style="list-style-type: none"> <li>• popcorn chicken bites with bbq bean sauce</li> <li>○ steamed corn</li> </ul>                   | <p>15</p> <ul style="list-style-type: none"> <li>• pepperjack cheeseburger</li> <li>○ glazed carrots</li> </ul>               | <p>16</p> <ul style="list-style-type: none"> <li>• pasta with zesty beef</li> <li>• Pinto Beans (Chilled)</li> <li>○ baby carrots</li> </ul>                          | <p>17</p> <ul style="list-style-type: none"> <li>• crispy chicken sandwich (df)</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul>       | <p>18</p> <ul style="list-style-type: none"> <li>• cheese pizza (vg)</li> <li>○ seasoned green beans (chilled)</li> </ul> |
| <p>21</p> <p>No School</p>  | <p>22</p> <ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>○ seasoned green beans (chilled)</li> </ul>     | <p>23</p> <ul style="list-style-type: none"> <li>• orange chicken (df)</li> <li>○ green peas</li> </ul>   | <p>24</p> <ul style="list-style-type: none"> <li>• turkey &amp; cheese flatbread melt</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul> | <p>25</p> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>○ sweet potatoes</li> </ul>                      |
| <p>28</p> <ul style="list-style-type: none"> <li>• popcorn chicken bites with bbq bean sauce</li> <li>○ seasoned green beans (chilled)</li> </ul> | <p>29</p> <ul style="list-style-type: none"> <li>• buffalo chicken "crunchadilla"</li> <li>○ island glazed carrots</li> </ul> | <p>30</p> <ul style="list-style-type: none"> <li>• jerk drumstick &amp; pineapple carrot rice</li> <li>• Edamame Beans (Chilled)</li> <li>○ grape tomatoes</li> </ul> | <p>31</p> <ul style="list-style-type: none"> <li>• mac and cheese &amp; chicken bites</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul> |   |

**HAPPY NEW YEAR!**

Resolutions with Revolution Foods...

**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

○ **Vegetable** of the day

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| <p>7</p> <ul style="list-style-type: none"> <li>• chicken bites</li> <li>○ steamed corn</li> </ul>  | <p>8</p> <ul style="list-style-type: none"> <li>• beef burger (df)</li> <li>○ seasoned green beans (chilled)</li> </ul>   | <p>9</p> <ul style="list-style-type: none"> <li>• mongolian beef</li> <li>○ pinto beans (chilled)</li> <li>○ diced carrots</li> </ul>           | <p>10</p> <ul style="list-style-type: none"> <li>• chicken potstickers with so fried rice</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul> | <p>11</p> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>○ sweet potatoes</li> </ul>                      |
| <p>14</p> <ul style="list-style-type: none"> <li>• grilled chicken bites with bbq bean sauce</li> <li>○ steamed corn</li> </ul>                   | <p>15</p> <ul style="list-style-type: none"> <li>• pepperjack cheeseburger</li> <li>○ glazed carrots</li> </ul>           | <p>16</p> <ul style="list-style-type: none"> <li>• pasta with zesty beef</li> <li>○ pinto beans (chilled)</li> <li>○ diced carrots</li> </ul>   | <p>17</p> <ul style="list-style-type: none"> <li>• crispy chicken sandwich</li> <li>○ lettuce &amp; tomatoes with ranch</li> </ul>                | <p>18</p> <ul style="list-style-type: none"> <li>• cheese pizza (vg)</li> <li>○ seasoned green beans (chilled)</li> </ul> |
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**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

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- **Vegetable** of the day

# JANUARY SNACK

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
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| <p>7</p> <ul style="list-style-type: none"> <li>• honey grahams</li> </ul>     | <p>8</p> <ul style="list-style-type: none"> <li>• colored goldfish cheese crackers &amp; Juice</li> </ul> | <p>9</p> <ul style="list-style-type: none"> <li>• honey wheat crackers</li> </ul>                      | <p>10</p> <ul style="list-style-type: none"> <li>• hot &amp; spicy goldfish cheese crackers</li> </ul> | <p>11</p> <ul style="list-style-type: none"> <li>• educational snacks</li> </ul>               |
| <p>14</p> <ul style="list-style-type: none"> <li>• cheddar goldfish</li> </ul> | <p>15</p> <ul style="list-style-type: none"> <li>• honey wheat crackers</li> </ul>                        | <p>16</p> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> </ul>                         | <p>17</p> <ul style="list-style-type: none"> <li>• honey wheat crackers</li> </ul>                     | <p>18</p> <ul style="list-style-type: none"> <li>• colored goldfish cheese crackers</li> </ul> |
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| <p>28</p> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> </ul> | <p>29</p> <ul style="list-style-type: none"> <li>• String Cheese</li> </ul>                               | <p>30</p> <ul style="list-style-type: none"> <li>• colored goldfish cheese crackers</li> </ul>         | <p>31</p> <ul style="list-style-type: none"> <li>• yogurt</li> </ul>                                   |  |

## DID YOU KNOW?

Revolution Foods is proud to serve fresh food made with real ingredients. Our meals are always:

- Designed with Kids
- Created by Chefs
- Nutritionally Balanced
- Made with High-Quality Ingredients

Learn more about us on our \*new\* website at [revolutionfoods.com](http://revolutionfoods.com)

**Snack:** fresh fruit available daily except when Sunbutter, string cheese or juice is served.

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