

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Assorted Whole Grain Cereal Apples</p>	<p>4</p> <p>Whole Grain French Toast Turkey Bacon Fruit Salad</p>	<p>5</p> <p>Whole Grain Blueberry Muffin Plums</p>	<p>6</p> <p>Whole Grain English Muffin with Turkey Ham and Cheese Pears</p>	<p>7</p> <p>Whole Grain Bagel Cream Cheese Orange</p>
<p>10</p> <p>Assorted Whole Grain Cereal Pears</p>	<p>11</p> <p>Whole Grain Bagel Cream Cheese Orange</p>	<p>12</p> <p>Whole Grain Waffles Turkey Sausage Apples</p>	<p>13</p> <p>Whole Grain Banana Muffin Bananas</p>	<p>14</p> <p>Whole Grain Pancake Turkey Bacon Cantaloupe</p>
<p>17</p> <p>NO SCHOOL MARTIN LUTHER KING JR. DAY</p>	<p>18</p> <p>Assorted Whole Grain Cereal Apples</p>	<p>19</p> <p>Whole Grain Apple Muffin Oranges</p>	<p>20</p> <p>Whole Grain French Toast Turkey Bacon Fruit Salad</p>	<p>21</p> <p>Whole Grain Bagel Cream Cheese Pears</p>
<p>24</p> <p>Assorted Whole Grain Cereal Oranges</p>	<p>25</p> <p>Fat Free Yogurt Granola (Graham Crackers for Pre-K) Pears</p>	<p>26</p> <p>Whole Grain Blueberry Muffin Apples</p>	<p>27</p> <p>Whole Grain Blueberry Muffin Apples</p>	<p>28</p> <p>Whole Grain Waffles Turkey Sausage Cantaloupe</p>
<p>31</p> <p>Assorted Whole Grain Cereal Pears</p>				

- All meals served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Chicken Nuggets Whole Grain Roll Green Beans Orange	4 Macaroni & Cheese Broccoli Pears	5 Spanish Rice with Chicken Pinto Beans Banana	6 Chicken Patty Sandwich on Whole Grain Bun Sweet Potatoes Apples	7 Chicken Tacos Taco Shell Corn Plums
10 Cheeseburger on WG Bun Potato Fries Ketchup Apples	11 Chicken Alfredo Pasta Broccoli Banana	12 Turkey Hot Dogs on WG Hot Dog Roll (Chicken Nuggets & Dinner Roll for Pre-K) Baked Beans Pears	13 Ground Beef Spanish Rice Carrots Apple Sauce	14 Chicken Drumstick Whole Grain Roll Green Beans Orange
17 NO SCHOOL <i>MARTIN LUTHER KING JR DAY</i>	18 Chicken Patty Sandwich on Whole Grain Bun Sweet Potatoes Pears	19 Meatloaf Gravy Dinner Roll Green Beans Mashed Potatoes Bananas	20 Macaroni & Cheese Broccoli Apples	21 Chicken Teriyaki Brown Rice Black Beans Oranges
24 Fish Sandwich on WG Bun Green Beans Tartar Sauce Apple Sauce	25 Chicken Taco Taco Shells Corn Banana	26 Cheese Pizza Broccoli Plums	27 Spanish Rice with Chicken Pinto Beans Pears	28 Chicken Drumstick Whole Grain Roll Carrots Orange
31 Chicken Nuggets Whole Grain Roll Baked Beans Orange				

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JANUARY 2022

VEGETARIAN LUNCH MENU

TOP SPANISH CATERING, INC

Monday

3
Cheese Quesadilla
Green Beans
Orange

Tuesday

4
Macaroni & Cheese
Broccoli
Pears

Wednesday

5
Spanish Rice with
Vegetarian Meat
Pinto Beans
Banana

Thursday

6
Vegetarian Patty Sandwich
on Whole Grain Bun
Sweet Potatoes
Apples

Friday

7
Vegetarian Meat
Tacos
Taco Shell
Corn
Plums

10
Vegetarian Patty on WG Bun
Potato Fries
Ketchup
Apples

11
Vegetarian Meat Pasta
Broccoli
Banana

12
Tofu and Vegetable
Quesadilla
Baked Beans
Pears

13
Spanish Rice with
Vegetarian Meat
Carrots
Apple Sauce

14
Rice and Beans
Green Beans
Orange

17
NO SCHOOL

*MARTIN LUTHER KING JR
DAY*

18
Vegetarian Patty
Sandwich
on Whole Grain Bun
Sweet Potatoes
Pears

19
Rice and Beans
Green Beans
Mashed Potatoes
Bananas

20
Macaroni & Cheese
Broccoli
Apples

21
Spanish Rice with
Vegetarian Meat
Black Beans
Oranges

24
Vegetarian Patty
Sandwich on
WG Bun
Green Beans
Apple Sauce

25
Vegetarian Meat
Taco
Taco Shells
Corn
Banana

26
Cheese Pizza
Broccoli
Plums

27
Spanish Rice with
Vegetarian Meat
Pinto Beans
Pears

28
Cheese Quesadilla
Carrots
Orange

31
Vegetarian Patty
Whole Grain Roll
Carrots
Orange

- All meals served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

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JANUARY 2022

SNACK MENU

TOP SPANISH CATERING, INC

Monday

**GOLDFISH
MILK**

3

Tuesday

**GRAHAM CRACKERS
MILK**

4

Wednesday

**FAT FREE YOGURT
APPLES**

5

Thursday

**SUNCHIP
MILK**

6

Friday

**BANANA BREAD
MILK**

7

**MUFFIN
MILK**

10

**CHEESE STRING
APPLES**

11

**WG CHEEZIT CRACKERS
MILK**

12

**GRAHAM CRACKERS
MILK**

13

**ZUCHINI BREAD
100% FRUIT JUICE**

14

NO SCHOOL

17

*MARTIN LUTHER KING JR
DAY*

**GRAHAM CRACKERS
MILK**

18

**PRETZELS
APPLES**

19

**FAT FREE YOGURT
BANANA BREAD**

20

**GOLDFISH
MILK**

21

**CHEESE STRING
APPLES**

24

**SUNCHIP
MILK**

25

**WG CHEEZIT CRACKERS
MILK**

26

**ZUCHINI BREAD
100% FRUIT JUICE**

27

**GRAHAM CRACKERS
MILK**

28

**MUFFIN
MILK**

31

- Menu subject to change.

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