

January

Menu – 2022

Enero -Spanish

17 lunch days, 14 Pre-K lunch days

Monday-lunes	Tuesday-martes	Wednesday-miércoles	Thursday-jueves	Friday-viernes
3 Ribs Cole Slaw, Corn Fresh Fruit Snack: Mozzarella Snowflakes	4 Taco Tuesday! Rice, Beans Fresh Fruit Snack: Choc. Chip Muffins	5 Macaroni and Cheese Cucumber Slices Fresh Fruit Snack: Banana Bread	6 Chicken Chilli Salad, Cornbread Fresh fruit Snack: Veggie Sticks	7 Pizza Cheese, Pepperoni, Bacon, Veggie Salad Snack: Smoothie
10 Burgers Chips, Pickles Seasonal Fruit Snack: Egg Snowmen	11 Chicken Fried Rice Dumplings Fruit Snack: Granola Bars	12 Pork Sandwich Carrot Sticks Grapes Snack: Cucumber/Dip	13 Beef Stew Biscuits Seasonal Fruit Snack: Bagel Snowman	14 Pizza Cheese, Pepperoni, Bacon, Veggie Salad Snack: Smoothie
17 No School Martin Luther King Day	18 Chicken Tenders Curly fries , Carrots Fresh Fruit Snack: Veggie Sticks	19 Pancakes Bacon Fresh Fruit Snack: POPCORN	20 Chicken Noodle Soup PB and J Cucumber sticks Snack: Tortilla Snowflakes & Hummus	21 Pizza Cheese, Pepperoni, Bacon, Veggie Salad Snack: Smoothie
24 Chicken Legs French fries Carrot sticks Snack: Yum- yums	25 Meatballs w/ Spaghetti Salad Fresh Fruit Snack: Banana Snowmen	26 Pork Sandwiches Cucumber Sticks Fresh Fruit Snack: Apples & PB	27 Potato Leek Soup Corn Muffins Fresh Fruit Snack: Ham, Cheese & Crackers	28 Pizza Cheese, Pepperoni, Bacon, Veggie Salad Snack: Smoothie
31 Hamburger Macaroni Caesar Salad Fresh Fruit Snack: Applesauce Muffins	Fun Fact: January 19th is National Popcorn Day!	Fun Fact: January and February were put on the calendar after all the other months of the year. They were one, originally called WINTER!	Fun Fact: January is the first month of the calendar but it used to be March.	Fun Fact: January is a winter month here but a summer month in the Southern Hemisphere

Substitutions that are always available are PB&J, Chicken/ Tuna Salad Sandwich, Greek Yogurt & Granola, Cheese Wraps and Salads. I always have hard boiled eggs for snacks as well!