



JANUARY 2023

JAPAN: BREAKFAST

❶ Pork Free Menu Item
❷ Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday		
-2- <u>Ham & Cheese Biscuit</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-3- <u>Yogurt Smoothie</u> <u>Muffin</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-4- ❶ <u>All American Breakfast</u> w/Sausage <u>Fruit / Juice</u> <u>Milk</u> SS: Toast & Scrambled Eggs	-5- <u>Scrambled Eggs</u> <u>French Toast Bites</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-6- ❶ <u>Breakfast Taco</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>		
-9- ❶ <u>Sausage & Egg Slider</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-10- <u>Pancakes</u> <u>Scrambled Eggs</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-11- ❶ <u>All American Breakfast</u> w/Bacon <u>Fruit / Juice</u> <u>Milk</u> SS: Toast & Scrambled Eggs	-12- <u>Yogurt Smoothie</u> <u>CinnaRoll Sliders</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-13- ❷ <u>Pork Sausage Gravy & Biscuit</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u> SS: Biscuit w/Jelly		
-16- ❶ <u>Ham & Cheese Bagel</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u> SS: Toasted Ham & Cheese Sandwich	-17- ❶ <u>Sausage Patty</u> <u>Waffles</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-18- <u>Breakfast Frittata</u> <u>w/Toast</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-19- <u>Scrambled Eggs</u> ❶ <u>Pancake Sausage Bites</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-20- ❶ <u>Monte Cristo Sandwich</u> ❷ <u>Yogurt Smoothie</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u> SS: Muffin		
-23- <u>Ham & Cheese Biscuit</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-24- <u>Yogurt Smoothie</u> <u>Muffin</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-25- ❶ <u>All American Breakfast</u> <u>Fruit / Juice</u> <u>Milk</u> SS: Toast & Scrambled Eggs	-26- <u>Scrambled Eggs</u> <u>French Toast Bites</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-27- ❶ <u>Breakfast Taco</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>		
-30- ❶ <u>Sausage & Egg Slider</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-31- <u>Pancakes</u> <u>Scrambled Eggs</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	FOOD ALLERGIES or SPECIAL DIETS: Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information	MEAL PRICES <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <i>Breakfast</i> Students: All Grades Full Price \$2.00 Reduced Price \$0.30 Breakfast Plus \$1.50 Non-Student \$4.25 </td> <td style="width: 50%; vertical-align: top;"> <i>Lunch</i> Students: Full Price Elementary \$3.50 Secondary \$3.75 Reduced Price K-12 \$0.40 Lunch Plus K-12 \$2.25 Non-Student \$7.50 </td> </tr> </table>		<i>Breakfast</i> Students: All Grades Full Price \$2.00 Reduced Price \$0.30 Breakfast Plus \$1.50 Non-Student \$4.25	<i>Lunch</i> Students: Full Price Elementary \$3.50 Secondary \$3.75 Reduced Price K-12 \$0.40 Lunch Plus K-12 \$2.25 Non-Student \$7.50
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V=Vegetarian option; SureStart is underlined

Substitutions may occur based on product availability. Please consult your school directly for the most up-to-date menu.

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JANUARY 2023

JAPAN: LUNCH

1 Pork Free Menu Item
2 Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday
<p>-2- Teriyaki Wings w/Tortilla Chips OR Manager's Choice Entree OR 3-Cheese Cavatappi w/Tortilla Chips (V) Seasoned Carrots Celery Dippers Fruit Juice Milk</p>	<p>-3- Spaghetti & Meatballs w/Garlic Baguette OR Baked Spaghetti (V) w/Garlic Baguette OR Hummus & Pretzel Dippers Roasted Broccoli Zesty Coleslaw Fruit Juice Milk</p>	<p>-4- Fiesta Bowl: Chicken OR Beef OR Vegetable (V) Dark Green Side Salad Street Corn (Elote) Fruit Juice Milk</p>	<p>-5- Mini Corn Dogs OR Cheesy Breadsticks w/Marinara OR Chicken Pot Pie w/Biscuit Seasoned Green Beans Ranchero Beans Fruit Juice Milk</p>	<p>-6- Hamburger/Cheeseburger OR BBQ Pulled Pork Sandwich OR Broccoli Cheese Soup w/Veggie Wrap (V) Ranch Fries Fresh Carrot Dippers Fruit Juice Milk</p>
<p>-9- Picnic Drumstick OR Beef Tenders w/Brown Gravy OR Grilled Chicken Salad (V avail) Combread Seasoned Corn Carrot & Celery Sticks Fruit Juice Milk</p>	<p>-10- Spaghetti w/Meatsauce & Garlic Baguette OR Spaghetti Marinara (V) & Garlic Baguette OR Chicken Veggie Dumplings Italian Green Beans Caprese Side Salad Fruit Juice Milk</p>	<p>-11- Cheese Pizza (V) OR Pepperoni Pizza OR Hummus Veggie Wrap (V) Seasoned Broccoli Cucumber Coins Fruit Juice Milk</p>	<p>-12- Beefy Alfredo and Brown Rice OR Chicken Curry and Brown Rice OR Manager's Choice Salad (V avail) Cherry Tomato Dippers Seasoned Peas and Carrots Fruit Juice Milk</p>	<p>-13- Ham Egg & Cheese Biscuit OR Monte Cristo Sandwich OR Chef Salad w/grain (V avail) Sweet Potato Fries **Baked Beans Fruit Juice Milk</p>
<p>-16- BBQ Chicken Wings w/Tortilla Chips OR Broccoli Cheese Soup w/Veggie Wrap (V) OR Chicken Tender Wrap Green Apple Slaw Honey Glazed Carrots Fruit Juice Milk</p>	<p>-17- Beefy Mac & Cheese OR 3-Cheese Cavatappi OR Market Salad (V avail) Dinner Roll Dark Green Side Salad Christmas Veggies Fruit Juice Milk</p>	<p>-18- Pulled Pork Soft Tacos OR Beef Soft Tacos OR Cheese Quesadilla (V) Ranchero Beans Street Corn (Elote) Fruit Juice Milk</p>	<p>-19- Sweet/Sour Chicken "Fried" Rice OR Meatball Bahn Mi OR Manager's Choice Salad (V avail) Seasoned Broccoli Cucumber Coins Fruit Juice Milk</p>	<p>-20- Hamburger/Cheeseburger OR Grilled Chicken Sandwich OR Southwestern Salad (V) w/Chips Ranch French Fries Bell Pepper Strips Fruit Juice Milk</p>
<p>-23- Teriyaki Drumstick w/Pretzel Bites OR Chicken Veggie Dumplings OR Hummus Salad Bowl w/Pretzel Bites (V) Celery Dippers **Baked Beans Fruit Juice Milk</p>	<p>-24- Chicken Alfredo w/Garlic Baguette OR Alfredo Mac w/Garlic Baguette (V) OR Italian Meatball Sub Italian Green Beans Cherry Tomatoes Fruit Juice Milk</p>	<p>-25- Cheese Pizza (V) OR Manager's Choice Pizza OR Cold Cut Sandwich Parmesan Broccoli Fresh Carrot Dippers Fruit Juice Milk</p>	<p>-26- Chicken PoBoy w/Rooster Sauce OR Cheesy Breadsticks w/Marinara (V) OR *Mini Corn Dogs Dark Green Side Salad Ranch Fries Fruit Juice Milk</p>	<p>-27- BBQ Chicken Sandwich OR Manager's Choice Entree OR Chicken Tender Salad w/Cornbread (V avail) SS: <u>Chicken Quesadilla</u> Seasoned Corn Sweet Potato Fries Fruit Juice Milk</p>
<p>-30- Sweet/Sour Wings w/Confetti Rice OR Sweet/Sour Meatballs w/Confetti Rice OR Chicken Caesar Salad (V avail) SS: <u>Grilled Cheese Sandwich</u> Seasoned Green Peas Green Apple Slaw Fruit Juice Milk</p>	<p>-31- Rose Spaghetti w/Meatballs & Dinner Roll OR Rose Spaghetti (V) w/Dinner Roll OR Manager's Choice Entree Dinner Roll Fresh Carrot Dippers Roasted Broccoli Fruit Juice Milk</p>	<p>FOOD ALLERGIES or SPECIAL DIETS: Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information</p>	<p>MEAL PRICES</p> <p><u>Breakfast</u> Students: All Grades Full Price \$2.00 Reduced Price \$0.30 Breakfast Plus \$1.50 Non-Student \$4.25</p> <p><u>Lunch</u> Students: Full Price Elementary \$3.50 Secondary \$3.75 Reduced Price K-12 \$0.40 Lunch Plus K-12 \$2.25 Non-Student \$7.50</p>	

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