



JANUARY 2023

KOREA: BREAKFAST

① Pork Free Menu Item
 ② Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday		
-2- <u>Ham & Cheese Biscuit</u> ② Cereal <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- ① <u>All American Breakfast w/Sausage</u> ② Cereal <u>Fruit / Juice</u> <u>Milk</u> <small>SS: Toast & Scrambled Eggs</small>	-5- <u>Scrambled Eggs</u> <u>French Toast Bites</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-6- ① <u>Breakfast Taco</u> ② Cereal <u>Fruit</u> <u>Juice</u> <u>Milk</u>		
-9- ① <u>Sausage & Egg Slider</u> ② Cereal <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- ① <u>All American Breakfast w/Bacon</u> ② Cereal <u>Fruit / Juice</u> <u>Milk</u> <small>SS: Toast & Scrambled Eggs</small>	-12- <u>Yogurt Smoothie</u> <u>CinnaRoll Sliders</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-13- ② <u>Pork Sausage Gravy & Biscuit</u> ② Cereal <u>Fruit</u> <u>Juice</u> <u>Milk</u> <small>SS: Biscuit w/Jelly</small>		
-16- ① <u>Ham & Cheese Bagel</u> ② Cereal <u>Fruit</u> <u>Juice</u> <u>Milk</u> <small>SS: Toasted Ham & Cheese Sandwich</small>	-17- ① <u>Sausage Patty</u> <u>Waffles</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-18- <u>Breakfast Frittata</u> <u>Cereal</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-19- <u>Scrambled Eggs</u> ① <u>Pancake Sausage Bites</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-20- ① <u>Monte Cristo Sandwich</u> ② <u>Yogurt Smoothie</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u> <small>SS: Muffin</small>		
-23- <u>Ham & Cheese Biscuit</u> ② Cereal <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- ① <u>All American Breakfast</u> ② Cereal <u>Fruit / Juice</u> <u>Milk</u> <small>SS: Toast & Scrambled Eggs</small>	-26- <u>Scrambled Eggs</u> <u>French Toast Bites</u> <u>Fruit</u> <u>Juice</u> <u>Milk</u>	-27- ① <u>Breakfast Taco</u> ② Cereal <u>Fruit</u> <u>Juice</u> <u>Milk</u>		
-30- ① <u>Sausage & Egg Slider</u> ② Cereal <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;"> <u>Breakfast</u> 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;"> <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 </td> </tr> </table>		<u>Breakfast</u> Students: All Grades Full Price \$2.00 Reduced Price \$0.30 Breakfast Plus \$1.50 Non-Student \$4.25	<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
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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.

This institution is an Equal Opportunity Provider



JANUARY 2023

KOREA: LUNCH

1 Pork Free Menu Item
2 Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday														
<p style="text-align: center; margin: 0;">-2-</p> <p>Teriyaki Wings w/Tortilla Chips OR Manager's Choice Entree OR Chicken Veggie Dumplings Seasoned Carrots Celery Dippers Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-3-</p> <p>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 style="text-align: center; margin: 0;">-4-</p> <p>Fiesta Bowl: Chicken OR Beef OR Chicken OR Beef OR Veggie (V) Dark Green Side Salad Street Corn (Elote) Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-5-</p> <p>Mini Corn Dogs OR Cheesy Breadsticks w/Marinara OR Chicken Pot Pie w/Biscuit Seasoned Green Beans Ranchero Beans Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-6-</p> <p>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 style="text-align: center; margin: 0;">-9-</p> <p>Picnic Drumstick OR Hot Ham & Cheese Sandwich OR Grilled Chicken Salad (V avail) Combread Seasoned Corn Carrot & Celery Sticks Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-10-</p> <p>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 style="text-align: center; margin: 0;">-11-</p> <p>Cheese Pizza (V) OR Pepperoni Pizza OR Hummus Veggie Wrap (V) Seasoned Broccoli Cucumber Coins Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-12-</p> <p>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 style="text-align: center; margin: 0;">-13-</p> <p>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 style="text-align: center; margin: 0;">-16-</p> <p>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 style="text-align: center; margin: 0;">-17-</p> <p>Beefy Mac & Cheese OR Mac & Cheese OR Market Salad (V avail) Dinner Roll Dark Green Side Salad Christmas Veggies Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-18-</p> <p>Pulled Pork Soft Tacos OR Beef Soft Tacos OR Cheese Quesadilla (V) Ranchero Beans Street Corn (Elote) Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-19-</p> <p>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 style="text-align: center; margin: 0;">-20-</p> <p>Hamburger/Cheeseburger OR Grilled Chicken Sandwich OR Southwestern Salad (V) w/Chips Ranch French Fries Bell Pepper Strips Fruit Juice Milk</p>														
<p style="text-align: center; margin: 0;">-23-</p> <p>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 style="text-align: center; margin: 0;">-24-</p> <p>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 style="text-align: center; margin: 0;">-25-</p> <p>Cheese Pizza (V) OR Manager's Choice Pizza OR Cold Cut Sandwich Parmesan Broccoli Fresh Carrot Dippers Fruit Juice Milk</p>	<p style="text-align: center; margin: 0;">-26-</p> <p>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 style="text-align: center; margin: 0;">-27-</p> <p>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 style="text-align: center; margin: 0;">-30-</p> <p>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 style="text-align: center; margin: 0;">-31-</p> <p>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 style="text-align: center; margin: 0; color: red; font-weight: bold;">FOOD ALLERGIES or SPECIAL DIETS:</p> <p style="text-align: center; margin: 0;"> Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information </p>	<p style="text-align: center; margin: 0; color: blue; font-weight: bold;">MEAL PRICES</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; color: green; font-weight: bold;">Breakfast</td> <td style="width: 50%; color: blue; font-weight: bold;">Lunch</td> </tr> <tr> <td>Students: All Grades</td> <td>Students: Full Price</td> </tr> <tr> <td>Full Price \$2.00</td> <td>Elementary \$3.50</td> </tr> <tr> <td>Reduced Price \$0.30</td> <td>Secondary \$3.75</td> </tr> <tr> <td>Breakfast Plus \$1.50</td> <td>Reduced Price K-12 \$0.40</td> </tr> <tr> <td>Non-Student \$4.25</td> <td>Lunch Plus K-12 \$2.25</td> </tr> <tr> <td></td> <td>Non-Student \$7.50</td> </tr> </table>		Breakfast	Lunch	Students: All Grades	Students: Full Price	Full Price \$2.00	Elementary \$3.50	Reduced Price \$0.30	Secondary \$3.75	Breakfast Plus \$1.50	Reduced Price K-12 \$0.40	Non-Student \$4.25	Lunch Plus K-12 \$2.25		Non-Student \$7.50
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