



# JANUARY 2023

## OKINAWA: BREAKFAST

① Pork Free Menu Item  
 ② Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday		
-2- <u>Ham &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; Biscuit</u> ② Cereal <u>Fruit</u> <u>Juice</u> <u>Milk</u> <small>SS: Biscuit w/Jelly</small>		
-16- ① <u>Ham &amp; Cheese Bagel</u> ② Cereal <u>Fruit</u> <u>Juice</u> <u>Milk</u> <small>SS: Toasted Ham &amp; 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 &amp; 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 &amp; 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 &amp; 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>	<b>FOOD ALLERGIES or SPECIAL DIETS:</b> Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information	<b>MEAL PRICES</b> <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

## OKINAWA: LUNCH

1 Pork Free Menu Item  
2 Item May Contain Pork

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