

Breakfast Menu January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4 Variety Cereal Crackers Fruit	5 Strawberry Bagels Fruit	6 Large Muffin Fruit	7 Yogurt & Granola Fruit	8 Mini Donuts Fruit
11 Variety Cereal Crackers Fruit	12 Plain Bagel & Cream Cheese Fruit	13 Sausage Breakfast Biscuit Fruit	14 French Toast Fruit	15 Variety Large Muffin Fruit
18 Martin Luther King Jr. Day	19 Variety Cereal Crackers Fruit	20 Pancakes Fruit	21 Egg & Cheese Burrito Fruit	22 Mini Glazed Donuts Fruit
25 Variety Cereal Crackers Fruit	26 Strawberry Bagel Fruit	27 Waffles Fruit	28 Plain Bagel & Cream Cheese Fruit	29 Mini Muffins Fruit



skim & 1% Milk
Offered Daily



"Having Breakfast is the Best Way to
Start the Day and Prolong Your Life!"

Menu is subject to change due to product availability

"This institution is an equal opportunity provider"

Menu de Desayuno Enero 2021

Lunes	Martes	Miércoles	Jueves	Viernes
4 Cereal de Variedad Galleta Integral Fruta	5 Strawberry Bagels Fruta	6 Muffin Grande Fruta	7 Yogurt y Granola Fruta	8 Mini Donas Fruta
11 Cereal de Variedad Galleta Integral Fruta	12 Bagel con queso crema Fruta	13 Bisquete de Salchicha Fruta	14 French Toast Fruta	15 Variety Large Muffin Fruta
18 Dia de Martin Luther King Jr.	19 Cereal de Variedad Galleta Integral Fruta	20 Pancakes Fruta	21 Burrito de Huevo Papa Y Queso Fruta	22 Mini Donas Fruta
25 Cereal de Variedad Galleta Integral Fruta	26 Strawberry Bagels Fruta	27 Waffles Fruta	28 Bagel con queso crema Fruta	29 Mini Muffins Fruta



Leche de 1% Y Deslatada son Ofrecidas Diario



"Desayunando es una gran forma de empezar tu dia"

El menú está sujeto a cambios debido a la disponibilidad del producto

"Esta Institución es un proveedor que ofrece igualdad de oportunidades"

Lunch Menu January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cold Turkey Sandwich Salad Mix Fruit	5 Chicken Fajita Quesadilla Salad Mix Fruit	6 Cheeseburger Green Leaf Fruit	7 Turkey Hot Dog Cucumber Fruit	8 Pepperoni Pizza Broccoli Fruit
11 Chicken Sandwich Carrots Fruit	12 Popcorn Chicken & Mashed potato Bowl Fruit	13 Cold Cut Sub Carrots Fruit	14 Grilled Cheese Pickles Fruit	15 Pepperoni Pizza Broccoli Fruit
18 Martin Luther King Jr. Day	19 Turkey Corn Dog Carrots Fruit	20 Chicken Fried Rice W/ Steamed Veggies Fruit	21 Cold Turkey Sandwich Salad Mix Fruit	22 Pepperoni Pizza Broccoli Fruit
25 Cheeseburger Green Leaf Fruit	26 Spaghetti W/ Meat Sauce Carrots Fruit	27 Bean & Cheese Burrito Cucumbers Fruit	28 Cold Cut Sub Carrots Fruit	29 Pepperoni Pizza Broccoli Fruit



skim & 1% Milk
Offered Daily



Eat a balance meal by always adding
fruit and vegetables to your plate!

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Menu de Lonche Enero 2021

Lunes	Martes	Miércoles	Jueves	Viernes
4 Sandwich de Pavo frio Pepinos Fruta	5 Quesadilla de Fajita Ensalada Mixta Fruta	6 Hamburguesa de Queso Lechuga Fruta	7 Hot Dog de Pavo Zanahoria Fruta	8 Pizza de Pepperoni Brocólí Fruta
11 Sandwich de Pollo Zanahoria Fruta	12 Pollitos con Pure de Papa Elote Fruta	13 Sub Frio Zanahoria Fruta	14 Sandwich de Queso a la Parilla Pepinos Fruta	15 Pizza de Pepperoni Brocólí Fruta
18 Dia de Martin Luther King Jr.	19 Corn Dog de pavo Zanahoria Fruta	20 Arroz Frito con Pollo y Vegetales Fruta	21 Sandwich de Pavo frio Pepinos Fruta	22 Pizza de Pepperoni Brocólí Fruta
25 Hamburguesa de Queso Lechuga Fruta	26 Spaghetti con Salsa de Carne Zanahoria Fruta	27 Nuggets de pollo Bolillo Pepinos Fruta	28 Sub Frio Zanahoria Fruta	29 Pizza de Pepperoni Brocólí Fruta



Leche de 1% y
Deslatada son Ofrecidas Diario



Punto Saludable: Lavate las manos por 20
segundos siempre antes de comer.

El menú está sujeto a cambios debido a la disponibilidad del producto

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