



GENUINE

January Hot Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>HAPPY HEW YEAR HOLIDAY BREAK</p>	<p>2</p> <p>Whole Grain Bagel w/ Cream Cheese Apple Slices & Juice Skim or 1% Milk</p>	<p>3</p> <p>Sausage Biscuit w/ Jelly Whole Pear Skim or 1% Milk</p>	<p>4</p> <p>Apple Cinnamon Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk</p>	<p>5</p> <p>Whole Grain Waffles(1) Sausage Patty w/Syrup Whole Apple Skim or 1% Milk</p>
<p>8</p> <p>French Toast (4) w/ Syrup Whole Apple Skim or 1% Milk</p>	<p>9</p> <p>Assorted Yogurt Nature Valley Cinnamon Crisp Apple Slices & Juice Skim or 1% Milk</p>	<p>10</p> <p>Turkey Ham and Cheese Sandwich w/ Jelly Whole Pear Skim or 1% Milk</p>	<p>11</p> <p>Blueberry Muffin Assorted Graham Whole Orange % Juice Skim or 1% Milk</p>	<p>12</p> <p>Whole Grain Pancakes (1) Sausage Link w/Syrup Whole Apple Skim or 1% Milk</p>
<p>15</p> <p>MARTIN LURTHUR KING DAY NO SCHOOL</p>	<p>16</p> <p>Breakfast Cereal w/ Blueberry Oatmeal Bars Apple Slices & Juice Skim or 1% Milk</p>	<p>17</p> <p>Chicken Biscuit Sandwich w/ Jelly Whole Pear Skim or 1% Milk</p>	<p>18</p> <p>Banana Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk</p>	<p>19</p> <p>French Toast (2) Sausage Link (2) w/ Syrup Whole Apple Skim or 1% Milk</p>
<p>22</p> <p>Whole Grain Pancakes (2) w/ Syrup Whole Apple Skim or 1% Milk</p>	<p>23</p> <p>Assorted Yogurt Nature Valley Chocolate Crisp Apple Slices & Juice Skim or 1% Milk</p>	<p>24</p> <p>Sausage Biscuit w/ Jelly Whole Pear Skim or 1% Milk</p>	<p>25</p> <p>Corn Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk</p>	<p>26</p> <p>Whole Grain Waffles (1) Sausage Patty w/Syrup Whole Apple Skim or 1% Milk</p>
<p>29</p> <p>French Toast (4) w/ Syrup Whole Apple Skim or 1% Milk</p>	<p>30</p> <p>Breakfast Cereal w/ Blueberry Oatmeal Bars Apple Slices & Juice Skim or 1% Milk</p>	<p>31</p> <p>Turkey Ham and Cheese Sandwich w/ Jelly Whole Pear Skim or 1% Milk</p>		



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January Cold Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>HAPPY HEW YEAR HOLIDAY BREAK</p>	<p>2</p> <p>Whole Grain Bagel w/ Cream Cheese Apple Slices & Juice Skim or 1% Milk</p>	<p>3</p> <p>Breakfast Cereal w/ Blueberry Oatmeal Bars Whole Pear Skim or 1% Milk</p>	<p>4</p> <p>Apple Cinnamon Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk</p>	<p>5</p> <p>Breakfast Cereal w/ Apple Oatmeal Bars Whole Apple Skim or 1% Milk</p>
<p>8</p> <p>Banana Muffin Breakfast Chex Mix Whole Apple Skim or 1% Milk</p>	<p>9</p> <p>Assorted Yogurt Nature Valley Cinnamon Crisp Apple Slices & Juice Skim or 1% Milk</p>	<p>10</p> <p>Breakfast Cereal w/ Strawberry Oatmeal Bars Whole Pear Skim or 1% Milk</p>	<p>11</p> <p>Blueberry Muffin Assorted Graham Whole Orange % Juice Skim or 1% Milk</p>	<p>12</p> <p>Breakfast Cereal w/ Chocolate Oatmeal Bars Whole Apple Skim or 1% Milk</p>
<p>15</p> <p>MARTIN LURTHUR KING DAY NO SCHOOL</p>	<p>16</p> <p>Breakfast Cereal w/ Blueberry Oatmeal Bars Apple Slices & Juice Skim or 1% Milk</p>	<p>17</p> <p>Assorted Yogurt Nature Valley Chocolate Crisp Whole Pear Skim or 1% Milk</p>	<p>18</p> <p>Banana Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk</p>	<p>19</p> <p>Breakfast Cereal w/ Apple Oatmeal Bars Whole Apple Skim or 1% Milk</p>
<p>22</p> <p>Breakfast Cereal w/ Strawberry Oatmeal Bars Whole Apple Skim or 1% Milk</p>	<p>23</p> <p>Assorted Yogurt Nature Valley Chocolate Crisp Apple Slices & Juice Skim or 1% Milk</p>	<p>24</p> <p>Breakfast Cereal w/ Chocolate Oatmeal Bars Whole Pear Skim or 1% Milk</p>	<p>25</p> <p>Corn Muffin Breakfast Chex Mix Whole Orange % Juice Skim or 1% Milk</p>	<p>26</p> <p>Whole Grain Bagel w/ Cream Cheese Whole Apple Skim or 1% Milk</p>
<p>29</p> <p>Assorted Yogurt Breakfast Chex Mix Whole Apple Skim or 1% Milk</p>	<p>30</p> <p>Breakfast Cereal Blueberry Oatmeal Bar Apple Slices & Juice Skim or 1% Milk</p>	<p>31</p> <p>Apple Cinnamon Muffin Breakfast Grahams Whole Pear Skim or 1% Milk</p>		



GENUINE

January Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 HAPPY HEW YEAR HOLIDAY BREAK</p>	<p>2 Southern BBQ Chicken Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>3 BBQ Cheeseburger Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk</p>	<p>4 Popcorn Mac and Cheese Bowl Seasoned Corn Apple Slices Skim or 1% Milk</p>	<p>5 Peri Peri Chicken Red Rice Seasoned Black Beans Whole Pear Skim or 1% Milk</p>
<p>8 Chicken Parm Sandwich Savory Collard Greens Whole Orange Skim or 1% Milk</p>	<p>9 Teriyaki Meatballs Mashed Potatoes Green Peas Whole Pear Skim or 1% Milk</p>	<p>10 Southwest Turkey Rice Bowl Seasoned Black Beans Whole Apple Skim or 1% Milk</p>	<p>11 Huli Huli Chicken Brown Rice Pilaf Seasoned Green Beans Apple Slices Skim or 1% Milk</p>	<p>12 Chicken Tender Glazed Carrot Coins Dinner Roll Whole Pear Skim or 1% Milk</p>
<p>15 MARTIN LURTHUR KING DAY NO SCHOOL BBQ</p>	<p>16 Turkey Ham & Cheese Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>17 Chipotle Chicken Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk</p>	<p>18 Shepherds Pie Seasoned Green Peas and Carrots Apple Slices Skim or 1% Milk</p>	<p>19 Pasta Primavera Savory Collard Greens Whole Pear Skim or 1% Milk</p>
<p>22 NOLA Chicken Sandwich Sweet Potato Fries Whole Orange Skim or 1% Milk</p>	<p>23 Turkey Sausage Pizza Seasoned Green Beans Whole Pear Skim or 1% Milk</p>	<p>24 Sweet Sour Meatballs Brown Rice Savory Collard Greens Whole Apple Skim or 1% Milk</p>	<p>25 Nacho Queso Dip & Chip Seasoned Black Beans & Corn Blend Apple Slices Skim or 1% Milk</p>	<p>26 Chopped Cheesesteak Seasoned Carrots Whole Pear Skim or 1% Milk</p>
<p>19 Beef Cheeseburger Potato Wedges Whole Orange Skim or 1% Milk</p>	<p>30 Chicken Nuggets (5) Dinner Roll Seasoned Green Beans Whole Pear Skim or 1% Milk</p>	<p>31 Cheeseburger Mac Seasoned Carrots Whole Apples Skim or 1% Milk</p>		



GENUINE

January Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>HAPPY HEW YEAR HOLIDAY BREAK</p>	<p>2</p> <p>Southern BBQ Chicken Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>3</p> <p>Turkey & Cheese Sandwich Potato Salad Whole Apple Skim or 1% Milk</p>	<p>4</p> <p>Crispy Chicken Ranch Wrap Fresh Celery Sticks Apple Slices Skim or 1% Milk</p>	<p>5</p> <p>Curry Chicken Sandwich Fresh Green Beans Whole Pear Skim or 1% Milk</p>
<p>8</p> <p>Turkey Ham & Cheese Rollup Fresh Broccoli Florets Whole Orange Skim or 1% Milk</p>	<p>9</p> <p>Chicken Salad Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>10</p> <p>Turkey Wrap Fresh Celery Sticks Whole Apple Skim or 1% Milk</p>	<p>11</p> <p>Chipotle Chicken Sandwich Fresh Green Beans Apple Slices Skim or 1% Milk</p>	<p>12</p> <p>Southern BBQ Chicken Sandwich Potato Salad Whole Pear Skim or 1% Milk</p>
<p>15</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p>16</p> <p>Turkey Ham & Cheese Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>17</p> <p>Curry Chicken Sandwich Fresh Green Beans Whole Apple Skim or 1% Milk</p>	<p>18</p> <p>Turkey & Cheese Wrap Potato Salad Apple Slices Skim or 1% Milk</p>	<p>19</p> <p>Chicken Salad Sandwich Fresh Broccoli Florets Whole Pear Skim or 1% Milk</p>
<p>22</p> <p>Southern BBQ Chicken Sandwich Fresh Carrot Sticks Whole Orange Skim or 1% Milk</p>	<p>23</p> <p>Turkey Ham & Cheese Rollup Potato Salad Whole Pear Skim or 1% Milk</p>	<p>24</p> <p>Chipotle Chicken Sandwich Fresh Celery Sticks Whole Apple Skim or 1% Milk</p>	<p>25</p> <p>Crispy Chicken Ranch Wrap Fresh Celery Sticks Apple Slices Skim or 1% Milk</p>	<p>26</p> <p>Curry Chicken Sandwich Fresh Green Beans Whole Pear Skim or 1% Milk</p>
<p>29</p> <p>Turkey & Cheese Sandwich Fresh Broccoli Florets Whole Orange Skim or 1% Milk</p>	<p>30</p> <p>Chicken Salad Wrap Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>31</p> <p>Turkey Ham & Cheese Sandwich Potato Salad Whole Apple Skim or 1% Milk</p>		



GENUINE

January Vegetarian Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 HAPPY HEW YEAR HOLIDAY BREAK</p>	<p>2 Southern BBQ Chick'n Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>3 Black Bean Burger Seasoned Green Beans Whole Apple Skim or 1% Milk</p>	<p>4 Popcorn Mac and Cheese Bowl Seasoned Corn Apple Slices Skim or 1% Milk</p>	<p>5 Peri Peri Chick'n Red Rice Seasoned Black Beans Whole Pear Skim or 1% Milk</p>
<p>8 Chick'n Parm Sandwich Savory Collard Greens Whole Orange Skim or 1% Milk</p>	<p>9 Teriyaki Meatballs Mashed Potatoes Green Peas Whole Pear Skim or 1% Milk</p>	<p>10 Southwest Chick'n Rice Bowl Seasoned Black Beans Whole Apple Skim or 1% Milk</p>	<p>11 Huli Huli Chick'n Brown Rice Pilaf Seasoned Green Beans Apple Slices Skim or 1% Milk</p>	<p>12 Chick'n Tender Glazed Carrot Coins Dinner Roll Whole Pear Skim or 1% Milk</p>
<p>15 MARTIN LURTHUR KING DAY NO SCHOOL BBQ</p>	<p>16 Chick'n Salad Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>17 Chipotle Chick'n Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk</p>	<p>18 Shepherds Pie Seasoned Green Peas and Carrots Apple Slices Skim or 1% Milk</p>	<p>19 Pasta Primavera Savory Collard Greens Whole Pear Skim or 1% Milk</p>
<p>22 NOLA Chick'n Sandwich Sweet Potato Fries Whole Orange Skim or 1% Milk</p>	<p>23 Cheese Pizza Seasoned Green Beans Whole Pear Skim or 1% Milk</p>	<p>24 Sweet Sour Meatballs Brown Rice Savory Collard Greens Whole Apple Skim or 1% Milk</p>	<p>25 Nacho Queso Dip & Chip Seasoned Black Beans & Corn Blend Apple Slices Skim or 1% Milk</p>	<p>26 Chopped Cheesesteak Seasoned Carrots Whole Pear Skim or 1% Milk</p>
<p>19 Black Bean Burger Potato Wedges Whole Orange Skim or 1% Milk</p>	<p>30 Chick'n Nuggets (5) Dinner Roll Seasoned Green Beans Whole Pear Skim or 1% Milk</p>	<p>31 Cheeseburger Mac Seasoned Carrots Whole Apples Skim or 1% Milk</p>		



GENUINE

January Supper Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>HAPPY HEW YEAR HOLIDAY BREAK</p>	<p>2</p> <p>Chicken Tenders(3) Dinner Roll Roasted Potato Wedges Whole Oranges Skim or 1% Milk</p>	<p>3</p> <p>Southwest Chicken Spanish Rice Seasoned Green Bean Apple Slices Skim or 1% Milk</p>	<p>4</p> <p>BBQ Cheeseburger Baked Beans Whole Orange Skim or 1% Milk</p>	<p>5</p> <p>Chicken Broccoli Bake Zesty Carrots Whole Apples Skim or 1% Milk</p>
<p>8</p> <p>BBQ Chicken Sandwich Seasoned Black Beans Assorted Craisins Skim or 1% Milk</p>	<p>9</p> <p>Sheppard Pie Sweet Peas and Carrots Whole Oranges Skim or 1% Milk</p>	<p>10</p> <p>NOLA Sandwich Sweet Potato Fries Apple Slices Skim or 1% Milk</p>	<p>11</p> <p>Chicken Alfredo Savory Broccoli Whole Orange Skim or 1% Milk</p>	<p>12</p> <p>Cajun Pasta Bake Seasoned Green Bean Whole Apples Skim or 1% Milk</p>
<p>15</p> <p>MARTIN LURTHER KING DAY NO SCHOOL</p>	<p>16</p> <p>Chicken and Turkey Jambalaya Red Beans Whole Oranges Skim or 1% Milk</p>	<p>17</p> <p>Popcorn Mac and Cheese Bowl Seasoned Green Bean Apple Slices Skim or 1% Milk</p>	<p>18</p> <p>Chicken Tenders (3) Mashed Potatoes Collard Greens Whole Orange Skim or 1% Milk</p>	<p>19</p> <p>Chicken Fajita Bowl Sweet Plantains Whole Apples Skim or 1% Milk</p>
<p>22</p> <p>Turkey Pizza Seasoned Green Bean Assorted Craisins Skim or 1% Milk</p>	<p>23</p> <p>BBQ Chicken Mac and Cheese Roasted Corn Whole Oranges Skim or 1% Milk</p>	<p>24</p> <p>Sweet Sour Meatballs Brown Rice Zesty Carrots Apple Slices Skim or 1% Milk</p>	<p>25</p> <p>Sloppy Joe Sandwich Roasted Potatoes Whole Orange Skim or 1% Milk</p>	<p>26</p> <p>Chicken Parm Sandwich Savory Broccoli Whole Apples Skim or 1% Milk</p>
<p>29</p> <p>Chicken and Waffles Sweet Potato Fries Assorted Craisins Skim or 1% Milk</p>	<p>30</p> <p>Greek Chicken Rice Pilaf Broccoli Whole Oranges Skim or 1% Milk</p>	<p>31</p> <p>Roasted Chicken Mexican Rice Seasoned Black Beans Apple Slices Skim or 1% Milk</p>		



January Allergen Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>HAPPY HEW YEAR HOLIDAY BREAK</p>	<p>2</p> <p>Southern BBQ Chicken Brown Rice Seasoned Carrot Whole Pear Skim or 1% Milk</p>	<p>3</p> <p>Sloppy Joe Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk</p>	<p>4</p> <p>Roasted Chicken Mac and Cheese Bowl Seasoned Corn Apple Slices Skim or 1% Milk</p>	<p>5</p> <p>Peri Peri Chicken Red Rice Seasoned Black Beans Whole Pear Skim or 1% Milk</p>
<p>8</p> <p>Chicken Parm Sandwich Savory Collard Greens Whole Orange Skim or 1% Milk</p>	<p>9</p> <p>Teriyaki Beef Mashed Potatoes Green Peas Whole Pear Skim or 1% Milk</p>	<p>10</p> <p>Southwest Chicken Rice Bowl Seasoned Black Beans Whole Apple Skim or 1% Milk</p>	<p>11</p> <p>Huli Huli Chicken Brown Rice Pilaf Seasoned Green Beans Apple Slices Skim or 1% Milk</p>	<p>12</p> <p>Roasted Chicken Mashed Potatoes Glazed Carrot Coins Whole Pear Skim or 1% Milk</p>
<p>15</p> <p>MARTIN LUTHER KING DAY NO SCHOOL BBQ</p>	<p>16</p> <p>Chicken Salad Sandwich Fresh Carrot Sticks Whole Pear Skim or 1% Milk</p>	<p>17</p> <p>Chipotle Chicken Sandwich Seasoned Green Beans Whole Apple Skim or 1% Milk</p>	<p>18</p> <p>Shepherds Pie Seasoned Green Peas and Carrots Apple Slices Skim or 1% Milk</p>	<p>19</p> <p>Pasta Primavera Savory Collard Greens Whole Pear Skim or 1% Milk</p>
<p>22</p> <p>NOLA Chicken Sandwich Sweet Potato Fries Whole Orange Skim or 1% Milk</p>	<p>23</p> <p>Chicken Broccoli Bake Seasoned Green Beans Whole Pear Skim or 1% Milk</p>	<p>24</p> <p>Sweet Sour Beef Strips Brown Rice Savory Collard Greens Whole Apple Skim or 1% Milk</p>	<p>25</p> <p>Nacho Queso Dip & Chip Seasoned Black Beans & Corn Blend Apple Slices Skim or 1% Milk</p>	<p>26</p> <p>Chopped Cheesesteak Seasoned Carrots Whole Pear Skim or 1% Milk</p>
<p>19</p> <p>Roasted Turkey Brown Rice Seasoned Carrots Whole Orange Skim or 1% Milk</p>	<p>30</p> <p>Chicken Alfredo Seasoned Green Beans Whole Pear Skim or 1% Milk</p>	<p>31</p> <p>Teriyaki Chicken Brown Rice Roasted Corn Whole Apples Skim or 1% Milk</p>		



GENUINE

January Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY HEW YEAR HOLIDAY BREAK	2 Goldfish Pretzels Whole Apples	3 Oatmeal Bars 100% Juice 6oz	4 Giant Vanilla Goldfish Grahams Apple Slices	5 Nature Valley Chocolate Crisp 100% Juice 6oz
8 French Toast Goldfish Pears	9 Nature Valley Cinnamon Crisp Whole Apples	10 Oatmeal Bars 100% Juice 6oz	11 Goldfish Cheddar Apple Slices	12 Giant Cinnamon Goldfish Grahams 100% Juice 6oz
15 MARTIN LURTHER KING DAY NO SCHOOL	16 Oatmeal Bars Whole Apples	17 Giant Vanilla Goldfish Grahams 100% Juice 6oz	18 Nature Valley Chocolate Crisp Apple Slices	19 Goldfish Cheddar 100% Juice 6oz
22 French Toast Goldfish Pears	23 Nature Valley Cinnamon Crisp Whole Apples	24 Oatmeal Bars 100% Juice 6oz	25 Goldfish Pretzels Apple Slices	26 Giant Cinnamon Goldfish Grahams 100% Juice 6oz
29 Goldfish Cheddar Pears	30 Oatmeal Bars Whole Apples	31 Giant Vanilla Goldfish Grahams 100% Juice 6oz		