



JANUARY 2019: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	EGG SANDWICH	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
	Winter Recess 1		New York Thursday 3	
	Turkey Sausage Crumble, Egg & Cheese on Ciabatta Bread Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Tasty Waffles Served with Syrup Turkey Sausage Patty Back to the Roots® Cinnamon Cluster Spiced Oatmeal 100% Fruit Juice Fresh Fruit
	7	8	9	10
Apple Cinnamon Muffin	Egg & Turkey Sausage Sandwich on an English Muffin Organic Stonyfield® Yogurt Served with Craisins & Granola 100% Fruit Juice Fresh Fruit	Buttermilk Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Yogurt Parfait 100% Fruit Juice New York Apple Slices	Cheese Omelet Hot Cinnamon Knot Back to the Roots® Purple Corn Flakes Spiced Oatmeal 100% Fruit Juice Fresh Fruit
Land O'Lakes® Colby Cheese Stick				
100% Fruit Juice Fresh Fruit				
14	15	16	New York Thursday 17	18
Honey Corn Muffin	Turkey Canadian Bacon, Egg & Cheese on a Whole Grain Bagel Organic Stonyfield® Yogurt 100% Fruit Juice Fresh Fruit	French Toast Dippers Served with Syrup Turkey Sausage Patty Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Cheese Omelet English Muffin Back to the Roots® Purple Corn Flakes Spiced Oatmeal 100% Fruit Juice Fresh Fruit
Land O'Lakes® Cheddar Cheese Stick				
100% Fruit Juice Fresh Fruit				
21	22	23	New York Thursday 24	25
Martin Luther King Day 21				
Blueberry Muffin Land O'Lakes® Mozzarella Cheese Stick 100% Fruit Juice Fresh Fruit	Turkey Sausage Crumble, Egg & Cheese on Ciabatta Bread Organic Stonyfield® Yogurt Honey Roasted Sunflower Seeds 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Tasty Waffles Served with Syrup Turkey Sausage Patty Back to the Roots® Cinnamon Cluster Spiced Oatmeal 100% Fruit Juice Fresh Fruit
28	29	30	New York Thursday 31	
Apple Cinnamon Muffin	Egg & Turkey Sausage Sandwich on an English Muffin Organic Stonyfield® Yogurt Served with Craisins & Granola 100% Fruit Juice Fresh Fruit	Buttermilk Pancakes Served with Syrup Turkey Canadian Bacon Spiced Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels with Cream Cheese & Jelly Yogurt Parfait 100% Fruit Juice New York Apple Slices	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD
Land O'Lakes® Colby Cheese Stick				
100% Fruit Juice Fresh Fruit				

OFFERED DAILY

Milk
1% Low Fat
Fat Free
Fat Free Chocolate
Grab and Go
Breakfast Pack

Fresh Fruit

Canned Fruit

Peaches, Pears, Pineapples

No Artificial Flavors, Colors, or Sweeteners in all SchoolFood Products

Pre-K-8
Breakfast Menu

100% Fruit Juice

Apple, Fruit Punch, Grape, Orange

Breakfast Dipping Sauces
Butcher, Hot Sauce, Salsa

Cold Cereal Choices

7-grain Bran, Wheat
Cinnamon Flakes
Multi-Grain Cheerios
Frosted Oats
Back to the Roots®
Cinnamon Apple Cinnamon Cluster

ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK and Can Only Have JUICE on MONDAYS



**MENUS ARE SUBJECT TO CHANGE
SCHOOLFOOD MENUS ARE PORK FREE**



JANUARY 2019: Pre-K - 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
JUMPSTART MONDAY	BURGER	CHICKEN	NEW YORK THURSDAY	PIZZA

Winter Recess 1		2		New York Thursday 3		4	
100% Beef Hamburgers & Cheeseburgers Turkey Burgers Sweet Potato Waffle Fries Salad Bar Burger Fixin's		Popcorn Chicken Garlic Toast Mashed Potatoes with Gravy Broccoli Trees New York Cookie Treat Salad Bar Traditional		Bite Size Beef Tacos Served with Baked! Tostitos® Scoops® Stewed Pinto Beans New York Apple Slices Salad Bar Taco Station		Classic Cheese Pizza Supreme Pizza Garlic Knot Marinara Sauce Crispy Kale Chips Ranch Carrot Snacker Salad Bar Pizza Toppings	
7		8		9		10	
Mozzarella Sticks Marinara Sauce Pasta Choice Slow Roasted Carrots Frito-Lay® SunChips® Salad Bar Garden Greens		BBQ Bacon Sandwich Choice of 100% Beef Burger, Chicken Patty on Ciabatta Bread French Fries Hot Confetti Corn Salad Bar Burger Fixin's		Popcorn Chicken Served With Mac-n-Cheese Broccoli Trees Salad Bar Traditional		Chicken Dumplings Served with Vegetable Fried Rice & Egg Roll New York Cookie Treat Fresh New York Apples Salad Bar Local New York	
14		15		16		17	
Veggie Tacos A Blend of Veggies & Mexicali Beans Served in a Hard Taco Shell Sweet Plantains Salad Bar Taco Station		100% Beef Hamburgers & Cheeseburgers Turkey Burgers Bruschetta Tomato Salad French Fries Salad Bar Burger Fixin's		Crispy Chicken Waffle Sandwich Home Fries Creamed Spinach Salad Bar Traditional		Jamaican Beef Patty Fish & Cheese Sandwich Roasted Zucchini New York Chocolate Chip Cookie New York Apple Slices Salad Bar New York Local	
21		22		23		24	
Grilled Cheese Onion Rings Garlicy Green Beans Frito-Lay® SunChips® Salad Bar Garden Greens		100% Beef New York Hamburgers & Cheeseburgers Turkey Burgers Sweet Potato Waffle Fries Salad Bar Burger Fixin's		Popcorn Chicken Garlic Toast Mashed Potatoes with Gravy Broccoli Trees New York Cookie Treat Salad Bar Traditional		Bite Size Beef Tacos Served with Baked! Tostitos® Scoops® Stewed Pinto Beans New York Apple Slices Salad Bar Taco Station	
28		29		30		31	
Mozzarella Sticks Marinara Sauce Pasta Choice Slow Roasted Carrots Frito-Lay® SunChips® Salad Bar Garden Greens		100% Beef Hamburgers & Cheeseburgers Turkey Burgers French Fries Hot Confetti Corn Salad Bar Burger Fixin's		Popcorn Chicken Served With Mac-n-Cheese Broccoli Trees Salad Bar Traditional		Chicken Dumplings Served with Vegetable Fried Rice & Egg Roll New York Cookie Treat Fresh New York Apples Salad Bar Local New York	



EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD

OFFERED DAILY			
Entree Alternatives • PB&J Sandwich • Cheese Sandwich • Assorted Deli Sandwiches • Hummus Grab & Go • Grab and Go Salads Available on Tuesday & Thursday	Milk 1% Low fat Fat Free Fat Free Chocolate	Dressings Chipotle Ranch Balsamic Vinaigrette Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette	Flavor Station Granulated Garlic Red Pepper Flakes Parmesan Cheese The P.K. Lunch Menu
	Dipping Sauce Cups BBQ, Ranch, Honey Mustard	Fresh Fruit No Artificial Flavors, colors, or sweeteners in all SchoolFood Products.	