



January 2021 Elem. Breakfast After the Bell

Monday	Tuesday	Wednesday	Thursday	Friday
	Protein Choose My Plate, gov			Jan1 Winter Break NO SCHOOL TODAY
Jan4	Jan5	Jan6	Jan7	Jan8
Pancake on a Stick Pineapple Chunks Juice Milk	Egg & Cheese English Muffin Diced Pears Juice Milk	Mini Waffle Breakfast Fresh Fruit Mix Juice Milk	Cold Cereal Whole Wheat Toast Peaches Juice Milk	Cheese Omelet Flour Tortilla Banana Juice Milk Salsa
Jan11	Jan12	Jan13	Jan14	Jan15
Choice of Muffin Yogurt Strawberries Juice Milk	Cold Cereal Whole Wheat Toast Orange Wedges Juice Milk	Sausage Patty Biscuit Applesauce Juice Milk	Pancakes w/Syrup Fruit Cocktail Juice Milk	Mini Cinnis Banana Juice Milk
Jan18	Jan19	Jan20	Jan21	Jan22
Martin Luther King's Birthday NO SCHOOL TODAY Sausage Cheese Bagel Diced Pears Juice Milk	French Toast Sticks w/Syrup Sausage Patty Applesauce Juice	Breakfast Tac-Go Honeydew Chunks Juice Milk Salsa	Cold Cereal Whole Wheat Toast Banana Juice Milk	Ultimate Breakfast Round Breakfast Fresh Fruit Mix Juice Milk
Jan25	Jan26	Jan27	Jan28	Jan29
Cold Cereal Whole Wheat Toast Pineapple Chunks Juice Milk	Fruity Frudel Orange Wedges Juice Milk	Bacon Scramble Cantaloupe Chunks Juice Milk	Pancakes w/Syrup Peaches Juice Milk	Yogurt Granola Banana Juice Milk





Central Consolidated School District



January 2021 Elementary School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
	Choose My Plate gov			Jan1 Winter Break/NO School
Jan4	Jan5	Jan6	Jan7	Jan8
Spaghetti	Crunchy Tacos	Chicken Sandwich	Pork Riblet Sandwich	Cheese Pizza
Tossed Salad	Seasoned Pinto Beans	Sweet Potato Fries	Tater Tots	Cucumber Slices
Wheat Roll	Chopped Lettuce & Tomato	Chopped Lettuce & Tomato	Apple Slices	Cantaloupe Chunks
Diced Pears	Honeydew Chunks	Grape Cluster	Fresh Veggies	Ranch Dressing
Ranch Dressing	Milk	Milk	Ranch Dressing	Milk
Milk			Milk	
Jan11	Jan12	Jan13	Jan14	Jan15
Quesadilla	Popcorn Chicken	Cheese Burger	Frito Pie	Pepperoni Pizza
Seasoned Pinto Beans	Mashed Potatoes w/Gravy	Crinkle Cut Fries	Chopped Lettuce & Tomato	Watermelon Wedges
Sidekick Smoothie	Green Beans	Grape Cluster	Whole Kernel Corn	Fresh Veggies
Milk	Wheat Roll	Jello w/Topping	Apple Slices	Ranch Dressing
Salsa	Peaches	Fresh Veggies	Ranch Dressing	Milk
	Milk	Ranch Dressing	Milk	
		Milk		
Jan18	Jan19	Jan20	Jan21	Jan22
Martin Luther King's Birthday	Homemade Grilled	Alfredo Pasta	Hamburger	Cheese Pizza
NO SCHOOL TODAY	Cheese Sandwich	Tossed Salad	Crinkle Cut Fries	Green Beans
	Chicken Vegetable Soup	Breadstick	Chopped Lettuce & Tomato	Watermelon Wedges
Uncrustables	Orange Wedges	Peaches	Fresh Apple	Fresh Veggies
Apple Sauce	Milk	Fresh Veggies	Milk	Ranch Dressing
Chips		Ranch Dressing		Chocolate Chip Cookie
Fresh Veggies		Milk		Milk
Milk				
Jan25	Jan26	Jan27	Jan28	Jan29
Crispy Drumsticks	Macaroni & Cheese	Salisbury Steak	Bean & Cheese Burrito	Sloppy Joe
Baked Beans	Green Beans	Mashed Potatoes w/Gravy	Whole Kernel Corn	Tater Tots
Cucumber Slices	Wheat Roll	Mixed Vegetables	Chopped Lettuce & Corn	Pineapple Chunks
Wheat Roll	Fruit Cocktail	Wheat Roll	Apple Slices	Fresh Veggies
Watermelon Wedges	Fresh Veggies	Applesauce	Fresh Veggies	Ranch Dressing
Milk	Milk SUBJECT TO CHANGE DUE TO PRODUC	Milk	Milk AL OPPORTUNITY PROVIDER AND EM	Milk



