


# January - Breakfast & Lunch Menu 2022 – Virtual Students

	January 4 <sup>th</sup>	January 5 <sup>th</sup>	January 6 <sup>th</sup>	January 7 <sup>th</sup>
 <p>All entrees include Mayfield Milk(13-19) and Fruit or 100% Fruit Juice</p> <p>Approximate grams of Carbohydrates per serving is shown in parenthesis</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> Buttery Maple Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p> <p><i>Entrée salad available upon request. Salad will replace sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>
	January 10 <sup>th</sup>	January 11 <sup>th</sup>	January 12 <sup>th</sup>	January 13 <sup>th</sup>
<p><b>Breakfast</b> WG Mini Breakfast Clusters(38) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> Sweet Cinnamon Snack n' Waffle(37) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p> <p><i>Entrée salad available upon request. Salad will replace sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>

January 17 <sup>th</sup>	January 18 <sup>th</sup>	January 19 <sup>th</sup>	January 20 <sup>th</sup>	January 21 <sup>st</sup>
<p style="text-align: center;"><i>Student Holiday</i></p> <p style="text-align: center;"><i>No Meal Pick Up</i></p>	<p style="text-align: center;"><i>No Meal Pick Up</i></p>	<p style="text-align: center;"><b><u>Breakfast</u></b> Wild Blueberry Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p> <p style="text-align: center;"><i>Entrée salad available upon request. Salad will replace sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p style="text-align: center;"><b><u>Breakfast</u></b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> WG Uncrustable PBJ(32) w/ Cheez- Its(14) &amp; Cheese stick(2)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p>	<p style="text-align: center;"><b><u>Breakfast</u></b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> WG Uncrustable PBJ(32) w/ Cheez- Its(14) &amp; Cheese stick(2)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p>
January 24 <sup>th</sup>	January 25 <sup>th</sup>	January 26 <sup>th</sup>	January 27 <sup>th</sup>	January 28 <sup>th</sup>
<p style="text-align: center;"><b><u>Breakfast</u></b> Sweet Cinnamon Snack n' Waffle(37) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p>	<p style="text-align: center;"><b><u>Breakfast</u></b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> WG Uncrustable PBJ(32) w/ Cheez- Its(14) &amp; Cheese stick(2)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p>	<p style="text-align: center;"><b><u>Breakfast</u></b> Buttery Maple Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p> <p style="text-align: center;"><i>Entrée salad available upon request. Salad will replace sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p style="text-align: center;"><b><u>Breakfast</u></b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> WG Uncrustable PBJ(32) w/ Cheez- Its(14) &amp; Cheese stick(2)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p>	<p style="text-align: center;"><b><u>Breakfast</u></b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> WG Uncrustable PBJ(32) w/ Cheez- Its(14) &amp; Cheese stick(2)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p>
January 31 <sup>st</sup>				
<p style="text-align: center;"><b><u>Breakfast</u></b> WG Mini Breakfast Clusters(38) Milk 100% Fruit Juice</p> <p style="text-align: center;"><b><u>Lunch</u></b> Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p style="text-align: center;">Baby Carrots(5) Milk Fruit</p>				