

# January Menu 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatball Sub with cheese; Baby Carrots with Ranch; Fruit.	4 Turkey & Cheese sandwich; Veggie Straws; Fruit.	5 French Toast Sticks with Syrup; Sausage; Fruit.	6 Red Beans & Rice with Sausage; Fresh Broccoli with Ranch; Fruit.	7 Dominos Cheese Pizza; Tossed Salad with Ranch; Fruit.
10 Hot Dog on Roll; Ketchup, Mustard on the side; Baked Beans; Fruit.	11 Chicken Rice Soup; Goldfish Crackers; Cucumber Slices With Ranch; Fruit.	12 Chef's Surprise	13 Macaroni & Cheese; Fresh Broccoli with Ranch; Fruit.	14 Dominos Cheese Pizza; Tossed Salad with Ranch; Fruit.
17 <b>No School</b>	18 Ham & Cheese Sandwich; Corn; Fruit.	19 French Toast Sticks with Syrup; Sausage; Fruit.	20 Red Beans & Rice with Fresh Sausage Broccoli with Ranch; Fruit.	21 Dominos Cheese Pizza; Tossed Salad with Ranch; Fruit.
24 Hot Dog on Roll; Ketchup, Mustard on the side; Baked Beans; Fruit.	25 Chicken Noodle Soup; goldfish crackers; Cucumber slices w)ranch; Fruit.	26 Turkey & Cheese Wrap (LTM); Baby Carrots with Ranch; Fruit.	27 Cheeseburger on roll Veggie Straws; Fruit.	28 Dominos Cheese Pizza; Tossed Salad with Ranch. Fruit.
31 Meatball Sub with cheese; Baby Carrots with Ranch; Fruit.				

**All Lunches come with a choice of white or chocolate milk.**

**Ala Carte Milk/ Juice \$0.55 each is not included in the free meal program.**



## January Breakfast Menu Choices



**1st Choice: 1 Cereal Choice Daily:**

**Cheerios**

**Rice Chex**

**Rice Crispy**

**or**

**2nd Choice: 1 Large Hard-Boiled Egg and 1 String Cheese**

**Every Breakfast comes with Fruit & Milk.**

**Milk Choice: Low fat White or Low-fat Chocolate**

**Ala Carte Milk/ Juice \$0.55 each is not included in the free meal program.**



## **School Menu Ingredients**

**Ingredients are added following the Month Menu.**

**McCleafs Farm Biglerville** ( Fresh Apples, Peaches, Bartlett Pears, Asian Pears)

Dominos Pizza (Domino's Pizza)

Hot Dog (Kunzler Grill Franks)

Hamburger( Rochester) All beef ground chuck

Rolls for Dogs and Sandwiches (Stroehmann)

Baked Beans (Bush's Original)

Applesauce ( Members Mark & Zee Zee)

Turkey (Oscar Meyer)

Garden Veggie Straws

Nacho Cheese (Members Mark)

Nacho Chips ( Ole Tri-Color or Members Mark)

**Chili soup** ( Hanover kidney Beans, Hunts Tomato Paste, Hunts Tomato Sauce, Hunts Diced Tomatoes, Green Peppers, Onions, Chili Powder, Cumin, Beef Broth, Ground Beef & Ground Turkey, Bay Leaves

**Chicken noodle soup** ( Sam's Club Organic Bone Broth, Celery, Carrots, Parsley, Chicken White, and Dark Meat, Extra-Wide Egg Noodles

**Macaroni & Cheese** ( Butter, Flour, 2% White Milk, Velveeta Cheese, Whole Grain Elbow Macaroni)

Goldfish Crackers (Pepperidge Farms Whole Grain)

PBJ Uncrustable (Welch's or Smuckers)

Mandarin Oranges (Members Mark)

Peaches ( Members Mark, Fresh Peaches McCleaf's Farm)

Ham & Cheese (Members Mark Ham, Glenview Farms White American)

**Meatball sub** (Tia Maria Marinara Sauce, Members Mark Turkey or Beef Meatballs, Shredded Provolone Members Mark)

**Walking Taco** ( Ground Beef & Turkey, Fritos, Lettuce, Chi-Chi Salsa, Shredded Monterey Jack Cheddar Cheese Members Mark, Low Sodium Taco Seasoning Elpaso)

String Cheese (Frigo)

Hard-Boiled Eggs (Glenview Farms)

Rice Chex Cereal (General Mills)

Cheerios (General Mills)

Rice Krispie Cereal (kelloggs)

Corn & Green Beans ( Del Monte)