

JANUARY UB BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NEW YEAR'S DAY! 1	2	3	4
7 • corn chex/ educational snacks/ fruit	8 • banana muffin/ fruit	9 • yogurt/ granola/ fruit	10 • Cheddar Cheese & Omelet Gordita	11 • cinnamon raisin bagel/ cream cheese/ grape jelly/ fruit
14 • string cheese/ cinnamon graham/ fruit • cinnamon chex/ educational snacks/ fruit	15 • blueberry muffin/ fruit • zee zee cinnamon crisp bar/ fruit	16 • yogurt/ cinnamon graham/ fruit • mini lemon muffin/ string cheese/ fruit	17 • plain bagel/ cream cheese/ fruit • zee zee berry apple crisp bar/ fruit	18 • french toast muffin. fruit
21	22 • Pepper Jack Cheese & Omelet Gordita	23 • blueberry bagel/ cream cheese/ fruit	24 • yogurt/ granola/ fruit • cinnamon crumble/ fruit	25 • Buttermilk Pancakes
28 • zee zee berry apple crisp bar/ fruit	29 • lemon muffin/ fruit	30 • yogurt/ granola/ fruit	31 • French Toast Sticks	

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

JANUARY LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NEW YEAR'S DAY! 1	2	3	4
7 <ul style="list-style-type: none"> hot dog (df) turkey & cheddar sandwich sunbutter & jelly sandwich (vg) o glazed carrots 	8 <ul style="list-style-type: none"> spaghetti marinara w/ mozzarella (vg) spicy popcorn chicken sandwich bbq chicken wrap o steamed corn 	9 <ul style="list-style-type: none"> breakfast for lunch : pancakes w/ omelet (vg) hummus dippers (vg) honey mustard chicken wrap o seasoned garbanzo beans/ grape tomatoes 	10 <ul style="list-style-type: none"> bbq beef flatbread kit creamy chicken alfredo mighty meaty deli combo sandwich southwest veggie wrap (vg) o cucumber tomato salad 	11 <ul style="list-style-type: none"> flamed broiled cheeseburger buffalo chicken wrap o chopped lettuce/ sliced tomatoes w/ ranch o cucumber tomato salad
14 <ul style="list-style-type: none"> pizza burger bagel melt baked mac & cheese w/ chicken bites cheddar cheese sandwich (vg) o baby carrots 	15 <ul style="list-style-type: none"> wicked big fish sandwich (df) cheesy pizza bite (vg) sesame chicken wrap (df) o broccoli w/ ranch 	16 <ul style="list-style-type: none"> bbq chicken w/ cheesy rice sunbutter & jelly sandwich (vg) bbq chicken wrap o edamame/ baby carrots 	17 <ul style="list-style-type: none"> chili citrus drumstick w/ rice (df) cheesy ravioli (vg) mighty meaty deli combo sandwich southwest veggie wrap (vg) o coleslaw 	18 <ul style="list-style-type: none"> crispy chicken sandwich (df) buffalo chicken wrap o chili citrus corn
21 <ul style="list-style-type: none"> hot dog (df) mighty meaty deli combo sandwich o baby carrots w/ ranch 	22 <ul style="list-style-type: none"> hot dog (df) mighty meaty deli combo sandwich o baby carrots w/ ranch 	23 <ul style="list-style-type: none"> chicken bites honey mustard chicken wrap o mashed potatoes 	24 <ul style="list-style-type: none"> pepper jack cheeseburger sunbutter & jelly sandwich (vg) sesame chicken wrap (df) o baby carrots/ garbanzo beans 	25 <ul style="list-style-type: none"> (hot) meatball sub southwest veggie wrap (vg) o broccoli
28 <ul style="list-style-type: none"> buffalo chicken crunchadilla mighty meaty deli combo sandwich o baby carrots 	29 <ul style="list-style-type: none"> ranchero chicken burrito bowl santa fe chile chicken & black bean wrap seasoned green beans 	30 <ul style="list-style-type: none"> *hot dog (df) southwest veggie wrap (vg) o broccoli w/ ranch 	31 <ul style="list-style-type: none"> creamy chicken alfredo buffalo chicken wrap o grape tomatoes/ three bean salad 	

HAPPY NEW YEAR!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o **Vegetable** of the day