

JANUARY UB BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NEW YEAR'S DAY! 1	2	3	4
7 • Zee Zees Cinnamon Crisp Bar w/Orange Juice	8 • Blueberry Burst Bagel w/ Cream Cheese and Fresh fruit	9 • cinnamon grahams/ fruit	10 • Plain Bagel W/Cream Cheese & Fresh Fruit	11 • cinnamon raisin bagel/ cream cheese/ grape jelly/ fruit
14 • cinnamon chex/ educational snacks/ fruit	15 • blueberry muffin/ fruit	16 • mini lemon muffin/ string cheese/ fruit	17 • plain bagel/ cream cheese/ fruit	18 • french toast muffin. fruit
21	22 • Cinnamon grahams/ fruit	23 • blueberry bagel/ cream cheese/ fruit	24 • Whole Grain Corn Chex	25 • Plain Bagel w/Cream Cheese & Pineapple Juice
28 • Multigrain Cheerios	29 • lemon muffin/ fruit	30 • yogurt/ granola/ fruit	31 • Plain Bagel w/Cream Cheese & Fresh Fruit	

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 • hot dog (df) ○ glazed carrots	8 • spaghetti marinara w/ mozzarella (vg) ○ steamed corn	9 • breakfast for lunch : pancakes w/ omelet (vg) ○ seasoned garbanzo beans/ grape tomatoes	10 • bbq beef flatbread kit ○ cucumber tomato salad	11 • flamed broiled cheeseburger ○ chopped lettuce/ sliced tomatoes w/ ranch
14 • pizza burger bagel melt • baked mac & cheese w/ chicken bites ○ baby carrots	15 • cheesy pizza bite (vg) • sesame chicken wrap (df) ○ broccoli w/ ranch	16 • bbq chicken w/ cheesy rice ○ edamame/ baby carrots	17 • chili citrus drumstick w/ rice (df) • cheesy ravioli (vg) ○ coleslaw	18 • crispy chicken sandwich (df) • Cheese Pizza ○ chili citrus corn
21	22 • hot dog (df) ○ baby carrots w/ ranch	23 • chicken bites ○ mashed potatoes	24 • pepper jack cheeseburger • Chicken Gumbo and Corn Bread ○ baby carrots/ garbanzo beans	25 • Sweet Garlic Noodles w/ Chicken ○ broccoli
28 • buffalo chicken crunchadilla ○ baby carrots	29 • breakfast for lunch : pancakes w/ sweet chicken sausage (vg) • seasoned green beans	30 • *hot dog (df) ○ broccoli w/ ranch	31 • creamy chicken alfredo • Spicy chicken chorizo & cheese eggel sandwich ○ 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.

○ **Vegetable** of the day