

January

		Monday	Tuesday	Wednesday	Thursday	Friday	
2	Breakfast	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	Offer vs. Serve procedure: Your scholar can choose options at lunch. Scholars must choose at least 3 components, one option must be a fruit or a vegetable. <i>(Entree contains 2 components: grain + protein)</i> 1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk
	Lunch	Entree Option 1					
	Entree Option 2						
9	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	K-2 Yogurt & Granola Parfait + Orange Wedges + Milk 3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	K-2 Sausage & Cheese Sandwich + Apple + Milk 3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk	K-2 Banana Bread + Apple Slices + OJ + Milk 3-6 OVS Banana Bread or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	
	Lunch	Entree Option 1 Hot Turkey & Cheese + Kale Chips Entree Option 2 Chicken Caesar Salad + Breadstick	Honey Glazed Chicken Thigh + Yellow Rice Chicken Caesar Salad + Breadstick	Chili Mac + Tortilla Chips Chicken Caesar Salad + Breadstick	Buffalo Chicken Sandwich + Potato Wedges Chicken Caesar Salad + Breadstick	Ham & Cheese Sub + Pickle Chicken Caesar Salad + Breadstick	
16	Breakfast	MLK HOLIDAY	K-2 (2) Granola Bars + Orange Wedges + OJ + Milk 3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	K2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk 3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	K-2 Blueberry Muffin + Apple Slices + OJ + Milk 3-6 OVS Blueberry Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	
	Lunch	Entree Option 1 Entree Option 2	Sloppy Joe + Corn on the Cob Chicken Caesar Salad + Breadstick	Chicken Noodle Soup + Roll Chicken Caesar Salad + Breadstick	Macaroni & Cheese + Breadstick Chicken Caesar Salad + Breadstick	Chipotle Chicken Wrap + Black Bean Corn Salad Chicken Caesar Salad + Breadstick	
23	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	K-2 Yogurt & Granola Parfait + Orange Wedges + Milk 3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	K-2 Sausage & Cheese Sandwich + Apple + Milk 3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk	K-2 Apple Cinnamon Muffin + Apple Slices + OJ + Milk 3-6 OVS Apple Cinnamon Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	
	Lunch	Entree Option 1 Spaghetti w/ Meat Sauce + Breadstick Entree Option 2 Chicken Caesar Salad + Breadstick	Broccoli Cheese & Rice Soup + Roll Chicken Caesar Salad + Breadstick	Chicken Philly Burrito + Kale Chips Chicken Caesar Salad + Breadstick	Oven "Fried" Drumsticks + Buttered Corn + Roll Chicken Caesar Salad + Breadstick	Turkey & Cheese Sub + Pickle Chicken Caesar Salad + Breadstick	
30	Breakfast	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	K-2 (2) Granola Bars + Orange Wedges + OJ + Milk 3-6 OVS (2) Granola Bars or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	K2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk 3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	K-2 Cinnamon Roll + Apple Slices + OJ + Milk 3-6 OVS Cinnamon Roll or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	
	Lunch	Entree Option 1 Chicken Pasta Alfredo + Breadstick Entree Option 2 Chicken Caesar Salad + Breadstick	BBQ Chicken Sandwich + Cole Slaw Chicken Caesar Salad + Breadstick	Teriyaki Chicken + Steamed Rice + Roll Chicken Caesar Salad + Breadstick	Chili Mac + Tortilla Chips Chicken Caesar Salad + Breadstick	Chipotle Chicken Wrap + Black Bean Corn Salad Chicken Caesar Salad + Breadstick	
ALWAYS AVAILABLE AT OVS	3-4/ 5-6	Whole Grain Cereal Apples Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	
ALWAYS AVAILABLE AT LUNCH:		Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	

Lunches include an option of chocolate or regular milk; Breakfast includes either skim or 1% milk
 Substitutions may be required based on ingredient availability
 If your scholar has medical or dietary allergens or restrictions, please let the school office know of any required accommodations
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