

## BREAKFAST AT CIRCLE CITY PREP

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jan 29</b> Cereal Bar Cereal Orange Juice 1% Milk Skim Milk	<b>Jan 30</b> Sausage & Cheese Sandwich* Cereal Orange Juice 1% Milk Skim Milk	<b>Jan 31</b> Yogurt Parfait Cereal Orange Juice 1% Milk Skim Milk	<b>Feb 1</b> Breakfast Brownie Cereal Orange Juice 1% Milk Skim Milk	<b>Feb 2</b> Cinnamon Waffle Cereal Orange Juice 1% Milk Skim Milk

**Your scholar can choose options for lunch.**

**Scholars must choose at least 3 components, one option must be a fruit or a vegetable.  
(Entree contains 2 components: grain + protein)**

- 1- Entree (counts as 2 components) (only choose 1)**
- 2- Fruit (up to two portions)**
- 3- Veggies (up to two portions)**
- 4- Bread/Grain**
- 5- Milk**

**These items are always available:**

- Assorted Vegetables**
- Side Salad**
- Spicy Carrot Hummus**
- Fruit**
- Milk (1% and Chocolate)**
- Water**

**Substitutions may be required based on ingredient availability.**

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**In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.**

## LUNCH AT CIRCLE CITY PREP

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Jan 29</b> Turkey Chili Guacamole Chicken Caesar Tortilla Chips 1% Milk Chocolate Milk	<b>Jan 30</b> Mac & Cheese Steamed Broccoli Veggie Cobb Salad* Garlic Breadstick 1% Milk Chocolate Milk	<b>Jan 31</b> Sloppy Joe Green Beans Chicken Caesar Dinner Roll Chocolate Banana Dip 1% Milk Chocolate Milk	<b>Feb 1</b> Oven Fried Drumsticks Veggie Cobb Salad* Dinner Roll 1% Milk Chocolate Milk	<b>Feb 2</b> Cheese Pizza Kale Caesar Chicken Caesar Garlic Breadstick Broccoli Florets Applesauce Cup 1% Milk Chocolate Milk

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