

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jan

FEED YOUR CREATIVITY



Announcements:

BREAKFAST-
7:00 AM - 7:50 AM

Breakfast: fat-free or 1% white milk and fresh fruits

Lunch: fat-free chocolate milk or 1% white milk, fresh fruits, and fresh vegetables

Add funds online:
schoolcafe.com/betaacademy

<p>3</p> <p>NO SCHOOL</p>	<p>4</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks</p> <p>Hot Lunch: Pretzel Nacho Calzoni (V)</p>	<p>5</p> <p>Cold Breakfast: Lemon Muffin</p> <p>Hot Lunch: Chicken Enchiladas Rojas with Seasoned Rice</p>	<p>6</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with String Cheese</p> <p>Hot Lunch: All Beef Hot Dog on a Whole Grain Bun</p>	<p>7</p> <p>Hot Breakfast: Whole Grain Waffle</p> <p>Hot Lunch: Crispy Chicken Sandwich on a Whole Grain Bun</p>
<p>10</p> <p>Cold Breakfast: Autumn Spiced Muffin</p> <p>Hot Lunch: Flamed-Broiled Beef Cheeseburger on a Whole Grain Bun</p>	<p>11</p> <p>Hot Breakfast: Classic Cheese Omelet with French Toast Stick</p> <p>Hot Lunch: Pepperoni Pizza (Turkey/Beef)</p>	<p>12</p> <p>Cold Breakfast: Vanilla Concha Bread</p> <p>Hot Lunch: Spaghetti with Marinara Sauce and String Cheese (V)</p>	<p>13</p> <p>Cold Breakfast: Lemon Muffin</p> <p>Hot Lunch: BBQ Chicken with Cheesy Rice</p>	<p>14</p> <p>Hot Breakfast: Buttermilk Pancakes</p> <p>Hot Lunch: Chicken Bites with Waffle</p>
<p>17</p> <p>MLK DAY - NO SCHOOL</p>	<p>18</p> <p>NO SCHOOL</p>	<p>19</p> <p>Cold Breakfast: Whole Grain Cheerios Cereal with String Cheese</p> <p>Hot Lunch: Pepperoni Pizza</p>	<p>20</p> <p>Cold Breakfast: Whole Grain Cinnamon Chex Cereal with Educational Snacks</p> <p>Hot Lunch: Corn Dog Bites (Chicken)</p>	<p>21</p> <p>Hot Breakfast: French Toast Sticks</p> <p>Hot Lunch: Hearty Veggie Chili with Seasoned Rice and Cornbread (V)</p>
<p>24</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with Educational Snacks</p> <p>Cold Lunch: Sunbutter and Jelly Sandwich Kit with String Cheese (V)</p>	<p>25</p> <p>Hot Breakfast: Classic Cheese Omelet with Mini Cornbread</p> <p>Hot Lunch: BBQ Beef Rib Sandwich on Whole Grain Bun</p>	<p>26</p> <p>Hot Breakfast: Whole Grain Waffle</p> <p>Hot Lunch: Chicken Bites with Savory Pizza Crackers</p>	<p>27</p> <p>Hot Breakfast: Cinnamon Toast Bagel</p> <p>Hot Lunch: Cheese Pizza (V)</p>	<p>28</p> <p>Cold Breakfast: Whole Grain Corn Chex Cereal with String Cheese</p> <p>Hot Lunch: All Beef Hot Dog on a Whole Grain Bun</p>
<p>31</p> <p>Col Breakfast: Fruit Flavored Yogurt with Educational Snacks</p> <p>Hot Lunch: Pretzel Nacho Calzoni (V)</p>				



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
Nutrition Assistance Programs



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www.SquareMeals.org