



- 2024 -

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Knox Trail Middle School & David Prouty High

Alternate Cold Meal Menu:

Monday- Turkey and Cheese Sandwich

Tuesday- Ham and Cheese Munchable

Wednesday- Bagel Munchable

Thursday- Yogurt Parfait

Friday- Ham and Cheese Sandwich

Salads and Sun butter sandwiches are offered every day!

This month we will be serving fresh produce from the following farms:

- Little Leaf Farms
- Joe Czaikowski Farm
- Pioneer Valley Growers association
- Breeze land Orchard
- Wards Berry Farm
- Carlson Orchard

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1

NO SCHOOL

2

Breakfast: Donuts, Fruit and Milk

Lunch: Hot Dogs, Baked Beans, Fruit and Milk

3

Breakfast: Bagel with Cream Cheese, Fruit and Milk

Lunch: Crispy Chicken Grinder, Cauliflower, Fruit and Milk

4

Breakfast: Benefit Bar, Fruit and Milk

Lunch: French Toast, Sausage, Hash Brown, Fruit and Milk

5

Breakfast: Managers Choice

Lunch: Cheese OR Pepperoni Pizza, Caesar Salad, Fruit and Milk

8

Breakfast: Cinnamon Roll, Fruit and Milk

Lunch: Cheese Pizza Crunchers, French Fries, Fruit and Milk

9

Breakfast: Waffle, Fruit and Milk

Lunch: Chicken Parmesan Sandwich, Green Beans, Fruit and Milk

10

Breakfast: Muffin, Yogurt, Fruit and Milk

Lunch: Walking Tacos, Seasoned Black Beans, Fruit and Milk

11

Breakfast: Scone, Fruit and Milk

Lunch: Chop Suey, Steamed Carrots, Fruit and Milk

12

Breakfast: Crumb Cake, Fruit and Milk

Lunch: Max Sticks, Broccoli, Fruit and Milk

15

NO SCHOOL

16

Breakfast: Donuts, Fruit and Milk

Lunch: Build Your Own-Bacon Cheeseburger, Tater Tots, Fruit and Milk

17

Breakfast: Bagel with Cream Cheese, Fruit and Milk

Lunch: Chicken Lo Mein, Egg Roll, Broccoli, Fortune Cookie, Fruit and Milk

18

Breakfast: Benefit Bar, Fruit and Milk

Lunch: Managers Choice, Carrots, Fruit and Milk

19

½ Day

Breakfast: Cereal, Graham Cracker, Fruit and Milk

Lunch: Anytimer, Sliced Cucumbers, Fruit and Milk

22

Breakfast: Cinnamon Roll, Fruit and Milk

Lunch: Macaroni and Cheese, Green Beans, Fruit and Milk

23

Breakfast: Waffle, Fruit and Milk

Lunch: Italian Grinder, Sweet Potato Fries, Fruit and Milk

24

Breakfast: Muffin, Yogurt, Fruit and Milk

Lunch: Chicken Pot Pie, Biscuit, Italian Garbanzo Bean, Fruit and Milk

25

Breakfast: Scone, Fruit and Milk

Lunch: Taco Max Sticks, Corn, Fruit and Milk

26

Breakfast: Managers Choice, Fruit and Milk

Lunch: Managers Choice Pizza, Garden Salad, Fruit and Milk

29

Breakfast: Crumb Cake, Fruit and Milk

Lunch: Chicken Cheese Steak Grinder, Carrots, Fruit and Milk

30

Breakfast: Donuts, Fruit and Milk

Lunch: Orange Chicken, Rice, Broccoli, Fruit and Milk

31

Breakfast: Bagel with Cream Cheese, Fruit and Milk

Lunch: Meatloaf, Mashed Potato, Roll, Fruit and Milk

