

## JANUARY 4-week cycle SISD Menu 2023

Monday	Tuesday	Wednesday	Thursday
<p><b>1 HOLIDAY</b></p>	<p><b>2 Breakfast</b> Yogurt-parfait with granola and peaches, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Sloppy joe sandwich, corn, garden salad with spinach, fresh apples/grapes</p>	<p><b>3 Breakfast</b> Breakfast Birthday Cake with turkey sausage patty, waffle WG, strawberries, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Ham/cheese sandwich, black beans, carrots, celery, pineapples, apple juice</p>	<p><b>4 Breakfast</b> Bagel WG with cream cheese, scrambled eggs, canned mandarins, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken patty, gravy, mashed potatoes, dinner roll, lettuce, cucumbers, tomatoes, mixed berry cup, orange juice</p>
<p><b>8 Breakfast</b> Yogurt, cinnamon roll WG, mixed fruit, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken drumstick, Mac'n'cheese, broccoli, cauliflower, strawberry cup, grape juice</p>	<p><b>9 Breakfast</b> Breakfast wrap WG (egg, cheese, sausage), hashbrowns, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Corn dog, baked beans, tomato and cucumber salad, canned pears, cranberry juice</p>	<p><b>10 Breakfast</b> Biscuits WG and gravy, applesauce, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Pizza WG, seasoned green beans, carrots, celery, fresh oranges, apple juice</p>	<p><b>11 Breakfast</b> Turkey sausage links, egg and cheese scramble bowl, toast WG, peaches, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Cheeseburger with beef patty, lettuce, tomatoes, French fries, pears, orange juice</p>
<p><b>15 Breakfast</b> French toast stick WG, yogurt, canned peaches, apple juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>BBQ pork sandwich WG, coleslaw, mixed fruit, orange juice, fig bar</p>	<p><b>16 Breakfast</b> Dutch waffle WG, canned pears, orange juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Teriyaki chicken, fried brown rice, eggroll, garden salad with spinach, tomatoes, strawberry cup, apple juice</p>	<p><b>17 Breakfast</b> Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Grilled cheese sandwich, tomato soup, corn, carrots, celery, fresh apples, cranberry juice</p>	<p><b>18 Breakfast</b> Cereal WG, mozzarella cheese stick, pineapples, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Beefy Nachos Grande with tortilla chips WG, refried beans, lettuce, tomatoes, applesauce, grape juice</p>
<p><b>22 Breakfast</b> Oatmeal cup, muffin WG, pineapples, grape juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chili, corn bread WG, French fries, lettuce, tomatoes, fresh orange, cranberry juice</p>	<p><b>23 Breakfast</b> Maple Baked French Toast Squares, canned pears, apple juice.</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken nuggets, garlic bread, kidney beans, fresh veggies asst, applesauce, orange juice</p>	<p><b>24 Breakfast</b> Turkey sausage links, tater tots, waffle WG, applesauce</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Bean/cheese burrito, cheesy broccoli, cucumber, carrots, mixed fruit, apple juice, fig bar</p>	<p><b>25 Breakfast</b> English muffin WG with egg patty, cheese, strawberry cup, cranberry juice</p> <p style="text-align: center;"><b>Lunch</b></p> <p>Chicken with alfredo sauce, pasta WG, cut green beans, celery with PB, peaches, grape juice</p>

**Two choices of milk are provided with every meal, at least 80% of grains are whole grain (WG) rich.**