

JANUARY-FEBRUARY 4-week cycle SISD Menu 2023

Monday	Tuesday	Wednesday	Thursday
<p>29 Breakfast Yogurt-parfait with granola and peaches, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Sloppy joe sandwich, corn, garden salad with spinach, fresh apples/grapes</p>	<p>30 Breakfast Oatmeal cup, muffin WG, canned pears, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Sweet and sour chicken, fried rice, eggroll, celery, cucumber, carrots, applesauce, grape juice</p>	<p>31 Breakfast Breakfast Birthday Cake with turkey sausage patty, waffle WG, strawberries, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Ham/cheese sandwich, ranch style black beans, carrots, celery, pineapples, apple juice</p>	<p>1 Breakfast Bagel WG with cream cheese, scrambled eggs, canned mandarins, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken patty, gravy, mashed potatoes, breadstick, lettuce, cucumbers, tomatoes, mixed berry cup, orange juice</p>
<p>5 Breakfast Yogurt, cinnamon roll WG, mixed fruit, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken drumstick, Mac'n'cheese, broccoli, cauliflower, strawberry cup, grape juice</p>	<p>6 Breakfast Breakfast wrap WG (egg, cheese, sausage), hashbrowns, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Corn dog, baked beans, tomato and cucumber salad, canned pears, cranberry juice</p>	<p>7 Breakfast Biscuits WG and gravy, applesauce, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Pizza WG, seasoned green beans, carrots, celery, fresh oranges, apple juice</p>	<p>8 Breakfast Turkey sausage links, egg and cheese scramble bowl, toast WG, peaches, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Cheeseburger with beef patty, lettuce, tomatoes, French fries, pears, orange juice, uncrustables</p>
<p>12 Breakfast French toast stick WG, yogurt, canned peaches, apple juice</p> <p style="text-align: center;">Lunch</p> <p>BBQ pork sandwich WG, coleslaw, mixed fruit, orange juice, fig bar or snack bar</p>	<p>13 Breakfast Bagel WG with cream cheese, canned pears, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Teriyaki chicken, fried brown rice, eggroll, carrots, celery, strawberry cup, apple juice</p>	<p>14 Breakfast Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Cheesy breadsticks, tomato soup, corn, garden salad with spinach, fresh apples, cranberry juice</p>	<p>15 Breakfast Cereal WG, mozzarella cheese stick, mixed fruit, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Beefy Nachos Grande with tortilla chips WG, refried beans, lettuce, tomatoes, applesauce, grape juice</p>
<p>19 Breakfast Oatmeal cup, muffin WG, mixed fruit, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chili tot (chili with tater tots), breadstick, lettuce, tomatoes, fresh orange, cranberry juice</p>	<p>20 Breakfast Dutch waffle WG, canned pears, apple juice.</p> <p style="text-align: center;">Lunch</p> <p>Chicken nuggets, garlic bread, kidney beans, fresh veggies asst, applesauce, orange juice</p>	<p>21 Breakfast Turkey sausage links, hashbrowns, waffle WG, applesauce</p> <p style="text-align: center;">Lunch</p> <p>Bean/cheese burrito, cheesy broccoli, cucumber, carrots, mixed fruit, apple juice, snack bar</p>	<p>22 Breakfast English muffin WG with egg patty, cheese, strawberry cup, cranberry juice</p> <p style="text-align: center;">Lunch</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.