



Menu runs from 1/1 - 1/31



## MPA January Menu 2024

### MONDAY

BRKFAS: 1 c milk
<p>WG Pancakes Berries</p> <p>LUNCH: 1 c milk Classic Hot Dog Whole Wheat Roll Served w. Cucumbers &amp; Applesauce</p>

### TUESDAY

BRKFAS: 1 c milk
<p>Chocolate Chip Muffin Lowfat Cheesestick Apple</p> <p>LUNCH: 1 c milk Cheeseburger Served w. Potatoes OR Turkey &amp; Swiss Sandwich OR Southwest Salad</p> <p>1 Orange</p>

### WEDNESDAY

1 BRKFAS: 1 c milk
<p>English Muffin Ham &amp; Egg Sandwich 1 Banana</p> <p>LUNCH: 1 c milk Glazed Chix Sandwich Served w. Veggie Blend OR Chicken Cesar Wrap OR Greek Salad</p> <p>1 Apple</p>



### THURSDAY

2 BRKFAS: 1 c milk
<p>French Toast Sticks Mandarin Oranges</p> <p>LUNCH: 1 c milk 4 WG Chicken Nuggets OR Fish Sticks</p> <p>Slice of WG Bread 3/4 c. Tater Tots 1 Apple</p>

### FRIDAY

3 BRKFAS: 1 c milk
<p>Yogurt with Berries &amp; Cinnamon Bite Crackers</p> <p>LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni</p> <p>Mixed Green Salad</p> <p>Banana</p>

6 BRKFAS: 1 c milk
<p>WG Pancakes Berries</p> <p>LUNCH: 1 c milk Classic Hot Dog Whole Wheat Roll Served w. Cucumbers &amp; Applesauce</p>

7 BRKFAS: 1 c milk
<p>Chocolate Chip Muffin Lowfat Cheesestick Apple</p> <p>LUNCH: 1 c milk Cheeseburger Served w. Potatoes OR Turkey &amp; Swiss Sandwich OR Southwest Salad</p> <p>1 Orange</p>

8 BRKFAS: 1 c milk
<p>English Muffin Ham &amp; Egg Sandwich 1 Banana</p> <p>LUNCH: 1 c milk Glazed Chix Sandwich Served w. Veggie Blend OR Chicken Cesar Wrap OR Greek Salad</p> <p>1 Apple</p>

9 BRKFAS: 1 c milk
<p>Banana Muffin Lowfat Smoothie Banana</p> <p>LUNCH: 1 c milk Pasta Marinara W. Meatballs</p> <p>Served w/ 4 Bean Salad Mr B's Famous Garlic Bread</p> <p>Orange</p>

10 BRKFAS: 1 c milk
<p>Lowfat Yogurt Graham Crackers Apple</p> <p>LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni</p> <p>Mixed Green Salad</p> <p>Banana</p>

\* Whole fruit may be subject to change due

to seasonality\*

13 BRKFAS: 1 c milk
<p>French Toast Sticks Mandarin Oranges</p> <p>LUNCH: 1 c milk 4 WG Chicken Nuggets OR Fish Sticks</p> <p>Slice of WG Bread 3/4 c. Cucumbers 1 Apple</p>

14 BRKFAS: 1 c milk
<p>WG Chocolate Chip Muffin Lowfat Cheesestick Mixed Fruit Cup</p> <p>LUNCH: 1 c milk Meatball Grinder Served w. Bell Peppers OR Turkey Sandwich OR Southwest Salad w. Chicken</p> <p>1 Banana</p>

15 BRKFAS: 1 c milk
<p>English Muffin Egg Sandwich w/ Ham &amp; Cheese Applesauce</p> <p>LUNCH: 1 c milk Chicken Patty Sandwich Served w. Corn OR Chix Caesar Wrap OR Greek Salad</p> <p>Pear</p>

16 BRKFAS: 1 c milk
<p>WG Blueberry Muffin Lowfat Smoothie Banana</p> <p>LUNCH: 1 c milk Beef Barbaoco Nachos Served w. Beans, Rice, Lettuce OR Ham &amp; Chs Sandwich OR Garden Salad W. Chicken</p> <p>Pineapple Tidbits</p>

17 BRKFAS: 1 c milk
<p>Bagel Egg Sandwich w/ Ham &amp; Cheese Tangerine</p> <p>LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni</p> <p>w. Mixed Greens</p> <p>Grapes</p>

\*All cereal is whole grain & low sugar

20 BRKFAS: 1 c milk
<p>No School MLK DAY</p>

21 BRKFAS: 1 c milk
<p>WG Cereal Bowlpak Lowfat Smoothie 1/2 C. Applesauce</p> <p>LUNCH: 1 c milk 4 WG Chicken Nuggets OR Fish Sticks</p> <p>Slice of WG Bread 3/4 c. Baby Carrots</p> <p>1 Orange</p>

22 BRKFAS: 1 c milk
<p>Lowfat Yogurt Scooby Graham Crackers 1 Banana</p> <p>LUNCH: 1 c milk French Toast Sticks w. W.Sausage &amp;Roasted Potatoes OR Chicken Cesar Wrap OR Greek Salad</p> <p>Tangerine</p>

23 BRKFAS: 1 c milk
<p>Apple Cinnamon Muffin Lowfat Cheesestick Banana</p> <p>LUNCH: 1 c milk American Chop Suey Served W. Broccoli OR Ham &amp; Chs Sandwich OR Garden Salad W.Chicken</p> <p>W. Applesauce</p>

24 BRKFAS: 1 c milk
<p>Bagel Egg Sandwich w/ Ham &amp; Cheese Banana</p> <p>LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni</p> <p>w. Mixed Greens</p> <p>Grapes</p>

27 BRKFAS: 1 c milk
<p>Pancake &amp; Sausage on a stick! 1/2 C. Berries</p> <p>LUNCH: 1 c milk 4 WG Chicken Nuggets OR Fish Sticks</p> <p>Slice of WG Bread 3/4 c. Cucumbers 1 Apple</p>

28 BRKFAS: 1 c milk
<p>WG Cereal Bowlpak Assorted Oatmeal Applesauce</p> <p>LUNCH: 1 c milk Cheeseburger Served w. Potatoes OR Turkey &amp; Swiss Sandwich OR Southwest Salad</p> <p>1 Orange</p>

29 BRKFAS: 1 c milk
<p>English Muffin Egg Sandwich w/ Ham &amp; Cheese Applesauce</p> <p>LUNCH: 1 c milk Cheese Lasagna Served W. Mr. B's Garlic Bread Mixed Veggies</p> <p>1 Orange</p>

30 BRKFAS: 1 c milk
<p>WG Cereal Bowlpak MPA Bake Shop Mixed Fruit Cup</p> <p>LUNCH: 1 c milk Soft Beef Tacos Served W. Shredded Cheese Lettuce &amp; Salsa</p> <p>Oranges</p>

31 BRKFAS: 1 c milk
<p>Yogurt with Graham Crackers Banana</p> <p>LUNCH: 1 c milk 1 Slice Pizza Cheese OR Pepperoni</p> <p>w. Baby Carrots</p> <p>Grapes</p>

WW Peanut Butter & Jelly Sandwich
<p>Served with fresh veggies and whole fruit</p>

Yogurt Fun Lunch
<p>Lowfat Yogurt Served with WG Graham Cracker veggies &amp; fruit</p>

Cheese & Cracker Pack
<p>Lowfat Cheese Stick Served with fresh veggies and whole fruit</p>

Hummus Pack
<p>Hummus Cup Served with WG crackers fresh veggies and whole fruit</p>

**This institution is an equal opportunity provider.**