

Mark Twain Breakfast and Lunch Menu

January



Important Food Services Update



We continue to experience nationwide supply chain issues with last minute item replacement and/or shortages from our vendors and distributors.

Menus are subject to change, however, we will do our best to offer the planned menu items.

We appreciate your patience and understanding.

<p>January 3</p> <p>Breakfast Trix Yogurt with Chilled Fruit</p> <p>Lunch Mini Cheeseburger Sliders Steamed Carrots Chilled Fruit Mini Rice Krispies Treat</p>	<p>January 4</p> <p>Breakfast Banana Bread Square</p> <p>Lunch Breaded Chicken Patty Sandwich Steamed Green Peas Chilled Fruit</p>	<p>January 5</p> <p>Breakfast Cereal with String Cheese</p> <p>Lunch Pork Sausage Patties* (2) with French Toast (1) Steamed Green Beans Fresh Banana</p>	<p>January 6</p> <p>Breakfast Trix Yogurt with Chilled Fruit</p> <p>Lunch Turkey Sausage Pizza (2 pcs) Steamed Broccoli Chilled Fruit</p>	<p>January 7</p> <p>Breakfast Assorted Pan Dulce</p> <p>Lunch Turkey Taco Pocket Refried Beans Chilled Fruit</p>
<p>January 10</p> <p>Breakfast Trix Yogurt with Chilled Fruit</p> <p>Lunch Chicken Tenders (4 pcs) Steamed Carrots Chilled Fruit</p>	<p>January 11</p> <p>Breakfast Honey Oatmeal Bun</p> <p>Lunch Cheesy Pull Apart Bread with Marinara Sauce Cup Steamed Green Peas Chilled Fruit</p>	<p>January 12</p> <p>Breakfast Cereal with String Cheese</p> <p>Lunch Pork* and Cheese Tamale Refried Beans Fresh Banana</p>	<p>January 13</p> <p>Breakfast Trix Yogurt with Chilled Fruit</p> <p>Lunch Spaghetti with Meat Sauce Cheesy Breadstick Steamed Broccoli Chilled Fruit</p>	<p>January 14</p> <p>No School</p> <p>Non-Student Day</p>

Available Daily

Breakfast

All breakfast meals are served with the choice of: fruit, 100% fruit juice, and 1% low-fat white milk.

Lunch

All lunch meals are served with a variety of fruits and vegetables including: dark green, red/orange, starchy vegetables & legumes, and 1% low-fat white milk.



This institution is an equal opportunity provider.

January 17

Martin Luther King, Jr.

1929
1968



1964
Awarded
Nobel Peace
Prize

No School

January 18

Breakfast
Banana Bread Square

Lunch
Breaded Chicken Drumstick
Steamed Carrots
Chilled Fruit
Dinner Roll
Chocolate Chip Cookie

January 19

Breakfast
Cereal with String Cheese

Lunch
Macaroni and Cheese
Steamed Broccoli
Fresh Banana
Brownie Cup

January 20

Breakfast
Trix Yogurt with Chilled Fruit

Lunch
Hamburger
Mashed Potatoes
Chilled Fruit
Baked Doritos (Cool Ranch Flavor)

January 21

Breakfast
Large Chocolate Chip Muffin

Lunch
Turkey Sausage Pizza (2 pcs)
Steamed Green Peas
Chilled Fruit



New Year's Eve Word Search

O	N	N	T	Y	R	A	U	N	A	J	I
U	H	W	H	T	R	K	X	T	H	V	D
D	L	O	T	L	R	D	N	U	M	M	K
A	R	D	H	W	E	L	B	E	W	Y	V
O	A	T	G	Q	S	W	I	N	B	U	N
M	D	N	I	R	O	B	F	H	Q	R	O
A	N	U	N	P	L	O	H	D	Y	Z	I
E	E	O	D	P	U	U	U	H	E	T	T
M	L	C	I	A	T	T	M	M	A	C	A
I	A	L	M	R	I	U	E	C	R	Y	R
T	C	J	T	T	O	N	V	K	X	H	B
C	R	K	T	Y	N	K	B	G	F	W	E
L	K	A	X	C	G	F	S	G	P	E	L
O	T	S	H	E	Y	S	K	E	Q	A	E
C	I	H	O	U	R	G	L	A	S	S	C
K	B	F	Y	Z	B	W	T	S	R	I	F

CALENDAR
CLOCK
MIDNIGHT
COUNTDOWN
RESOLUTION
PARTY

JANUARY
HOURGLASS
FIRST
YEAR
TIME
CELEBRATION



January 24

Breakfast
Trix Yogurt with Chilled Fruit

Lunch
Chicken Tenders (4 pcs)
Steamed Carrots
Chilled Fruit
Fun & Fitness Educational Crackers

January 25

Breakfast
Honey Oatmeal Bun

Lunch
Beef Taco Sandwich
Refried Beans
Chilled Fruit

January 26

Breakfast
Cereal with String Cheese

Lunch
Penne Pasta with Meat Sauce
Steamed Broccoli
Fresh Banana

January 27

Breakfast
Trix Yogurt with Chilled Fruit

Lunch
Orange Popcorn Chicken
Mashed Potatoes
Chilled Fruit
Banana Muffin

January 28

Breakfast
Pork Sausage Links* (2 pcs)
with Pancake (1) & Syrup

Lunch
Grilled Bean and Cheese Burrito
Steamed Green Peas
Chilled Fruit

January 31

Breakfast
Trix Yogurt with Chilled Fruit


Lunch
Mini Cheeseburger Sliders
Steamed Carrots
Chilled Fruit



All Grain Products are either Whole Grain or 51% Whole Wheat.
* = Food Contains Pork
Menu is Subject to Change.

WORD OF THE MONTH

Forgiveness



1. has to do with making a decision to free yourself from holding on to resentment and feelings of revenge toward someone who hurt you.

HAPPY NEW YEAR!

TAKE 5!

1. Grain 2. Vegetable 3. Fruit



4. Milk 5. Meat or Meat Alternate

CHOOSE AT LEAST 3, INCLUDING:
1/2 CUP OF FRUIT OR VEGETABLE AND AT LEAST TWO OTHER FULL COMPONENTS

5 FOR BEST NUTRITION, CHOOSE ALL 5!