

January Menu TJS

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cereal, Yogurt, Fruit Cocktail, Juice Lunch: Chicken Nuggets, Cooked Carrots, Peaches	4 Pancakes, Turkey Bacon, Applesauce, Juice Lunch: Pizza, Peas & Carrots	5 Muffin, Hardboiled Egg, Mandarin Oranges Lunch: Sloppy Joes, w/g bun, Sweet Potato tots, Pineapple	6 French Toast, Turkey Link, Mango & juice Lunch: Lo Mein, Blended Veggies, Oranges	7 English Muffin, Egg, Breakfast Patty, fruit & Juice Lunch: Turkey w/g croissant, String cheese, Cucumbers & Carrots, Fruit
10 Bagel, Yogurt, Peaches & Juice Lunch: Chicken Patty Sandwich, Chef's Blend Veggies, Fruit Cocktail	11 Pancakes, Turkey Sausage, pears, Juice Mashed Potatoes w/Gravy, Meatballs, Roll, Applesauce	12 Scone, String Cheese, Pineapple & Juice Lunch: Taco on W/G Tortilla, Black Beans, Corn, Mandarin Oranges	13 Turkey Sausage, Egg, Biscuit, Banana &, Juice Lunch: Orange Chicken, Cilantro Lime Rice, Broccoli, Mixed Apple Slices	14 Parfait, granola & Gold fish Cracker. & Juice Lasagna Roll, Garlic Toast, Brussel Sprouts, Fruit
17 No School	18 Pancakes, Turkey Sausage, Applesauce, Juice Lunch: Fish Sticks, Bread stick, Green beans, Pears	19 Blueberry or Chocolate Chip Muffin, Hard Boiled Egg Mandarin Oranges & Juice Lunch: Hamburgers on W/G Bun, Cucumbers, Pineapple	20 French Toast, Turkey Bacon, Strawberries/grapes & juice Lunch: Pasta Pizza Hotdish, Carrots/Peas, Orange Slices	21 Breakfast Pizza, Hashbrown, Mixed Fruit & Juice Lunch: Corn Dog, Fries, Mixed Fruit
24 Cereal/ Oatmeal, Yogurt, Peaches & Juice Lunch: Baked Chicken, Red Beans, Rice, Greens, Fruit Cocktail	25 Pancakes, Turkey Sausage, pears, Juice Lunch: Grilled Cheese Sandwich, Chicken Noodle Soup, Applesauce	26 Chocolate Chip Muffin Pineapples, String Cheese & Juice Lunch: Tater Tot, W/G Roll, Mandarin Oranges	27 Turkey Sausage, Egg, Biscuit, Banana &, Juice Lunch: Pizza, Snap Peas, Mango	28 No School
31 Bagel, Yogurt, Fruit Cocktail, Juice Lunch: Chicken BBQ Wrap, Sweet Potato Tot, Peaches				

Milk is offered for Breakfast and Lunch Daily (1% or Chocolate)

Salad Bar Daily

If you have any questions or concerns about the menu, please contact Shannon (shannong@thejourneyschool.org)