



Nutrition & Wellness News Jan 16, 2023



Breakfast Menu - served 7:45-8:05 a.m.

Jan 16-20	Monday	Tuesday	Wednesday	Thursday
Choice 1	NO School Martin Luther King Jr. Day	Breakfast Burrito	French Toast Sticks & Sausage	Breakfast Pizza
Choice 2		Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3		Yogurt	Hardboiled Eggs	String Cheese
Sides		Carrots, Apples Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Jan 16-20	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	NO School Martin Luther King Jr. Day 	<u>Chicken Enchilada Nachos</u> Chicken cooked on a cheesy Sauce with Tortilla Chips	<u>Hot Dog</u> Turkey Hot Dog on Whole Wheat Bun	<u>Cuban Sandwich</u> Whole Wheat Bun, with slices of Ham, Pork, Cheese & Pickles
Cold Choice		<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	<u>Fun Box</u> Yogurt, String Cheese & Gold Fish Cracker	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese

Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings.

Fresh Fruit & Vegetable Program (FFVP)

FFVP Citrus Week	No School	Oranges Navel From Pinnacle Farms	Pink Grapefruit From Agritopia Farms	Meyer Lemon From Aravaipa Orchard

This institution is an equal opportunities provider. Menu subject to change without prior notice.

Choice of 1% or fat-free milk offered with every meal.

Mix it Up

WITH THE NATIONAL
SCHOOL LUNCH PROGRAM



Available to all students
at no charge



LEARN MORE

This institution is an equal opportunity provider.

FRESH
FRUIT &
VEGETABLE
PROGRAM

MARTIN LUTHER KING JR.

JANUARY 15, 1929 - APRIL 4, 1968

Martin Luther King Jr. Memorial - Washington, D.C. USA



"Injustice anywhere is a threat to
justice everywhere."

"Hate cannot drive out hate, only love
can do that."

"The time is always right to do
what is right."

From 1954 until his death in 1968,
Martin Luther King Jr. was a leader and
spokesperson for the American Civil Rights
movement. His message changed the world
and we honor his legacy every year on the
third Monday of January, MLK Day.