

Breakfast	MONDAY Lunch	Breakfast	TUESDAY Lunch	Breakfast	WEDNESDAY Lunch	Breakfast	THURSDAY Lunch	Breakfast	FRIDAY Lunch
				1 Happy New Year's Day		2 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3 oz Roasted Sweet Potato 1/2 C Baked Beans 1/2C WG Bread Stick 1oz/ pcs Fruit 1/2 cup Milk 1 cup	3 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Tuna Salad Sandwich Chicken Salad 2oz WG Wrap or Bread 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
6 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Hamburger Patty 1 patty/2 oz WG Bun 2 oz French Fries 1/2 C Baked Beans 1/2 C Fruit 1/2 Cup Milk 1 Cup	7 WG French Toast Sticks 2oz/2 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Chicken Patty 2oz WG Biscuit 2 oz Roasted Sweet Potato 1/2 cup Green Peas 1/2 cup Fruit 1/2 cup Milk 1 cup	8 Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Broccoli 3/4 Cup Rice 1/2 Cup WG Biscuit 2oz Fruit 1/2 Cup Milk 1 Cup Gravy optional	9 WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Amazing Lo Mein Spaghetti 2oz Garbanzo Bean 2oz Pepper/Onion 1/4c Carrots 1/2 cup WG Bread Stick 1 oz Fruit 1 cup Milk 8 oz	10 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Tuna Salad Sandwich: Tuna Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
13 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3 oz Roasted Sweet Potato 1/2 C Baked Beans 1/2C WG Bread Stick 1oz/1 pcs Fruit 1/2 cup Milk 1 cup	14 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Beef Patty 1 patty/2oz Beef Gravy Smiley Face Potatoes 1/2 Cup Tuscan Veggies 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	15 Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Macaroni & Cheese 3/4 Cup Broccoli 3/4C WG Bread Stick 1oz Fruit 1/2 Cup Milk 8oz	16 WG Waffles 1pc/1.25oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Carrots 1/2 C Salad 1 Cup Tomato 1/4C Fruit 1 Cup Milk 1 Cup	17 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Salad Sandwich: Chicken Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
20 Martin Luther King Day School Closed		21 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Hamburger Patty 1 patty/2 oz WG Bun 2 oz French Fries 1/2 C Baked Beans 1/2 C Fruit 1/2 Cup Milk 1 Cup	22 Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Broccoli 3/4 Cup Rice 1/2 Cup WG Biscuit 2oz Fruit 1/2 Cup Milk 1 Cup Gravy optional	23 WG Waffles 1pc/1.25oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Spaghetti 3/4 cup cooked Turkey Meatballs 2 oz Marinara Sauce 1/4 C Green Beans 3/4C WG Bread Stick 1oz Fruit 1/2 Cup Milk 1 Cup	24 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Tuna Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
27 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3 oz Roasted Sweet Potato 1/2 C Baked Beans 1/2C WG Bread Stick 1oz/1 pcs Fruit 1/2 cup Milk 1 cup	28 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Beef Patty 1 patty/2oz Beef Gravy Smiley Face Potatoes 1/2 Cup Tuscan Veggies 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	29 Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Penne Pasta 3/4 cup cooked Beef Crumble 2 oz Marinara Sauce 1/4 C Green Beans 3/4C WG Bread Stick 1oz Fruit 1/2 Cup Milk 1 Cup	30 WG Waffles 1pc/1.25oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Pizza 2 oz Spinach 1/2 C Green Salad 1/2 Cup Diced Tomato ¼ cup. Fruit 1/2 cup Milk 1 cup	31 Cereal 3/4 cup WG Muffin 2oz Fruit 1 Cup Milk 1 Cup	Chicken Salad 2oz WG Bread 2oz Sweet Potato Fries 1/2 Cup Green Salad 1/2C Tomato 1/4 Cup Fruit 1/2 Cup Milk 1 Cup

Return Order by January 2025 PES K-8th Grade

Date	Paid			
	Breakfast	Lunch		
	\$2.00	\$3.15		
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17				
20	SCHOOL	CLOSED	MLK	DAY
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30				
31				

Total Breakfasts ____ @\$2.00 ordered = \$ ____
 Total Lunch ____ @\$3.15 ordered = \$ ____
 Student Name _____
 Parent/Guardian Name _____
 Teacher Name _____
 Meals Served in School _____
 Please check off the days your child needs a meal and return to school with payment if applicable.

Breakfast/Lunch Menu – January 2025
MILK IS PROVIDED WITH EACH LUNCH. Please note: If an alternative meal is required due to a food allergy per a doctor's script please indicate it on your order form.

Please note the pureed and minced and moist muffins will be served upon availability for breakfast on Monday and Friday. *Substitutes for breakfast grains can be interchangeable between French Toast, Waffles, or Pancakes if an item is unavailable from the distributor. The menu is subject to change due to ongoing supply chain issues.
***Please remember all Food Allergies and Restricted Diets must have a physician order per**

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				1 Happy New Year's Day		2 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3 oz Roasted Sweet Potato 1/2 C Baked Beans 1/2C WG Bread Stick 1oz/1pc Fruit 1/2 cup Milk 1 cup	3 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Tuna Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
6 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Hamburger Patty 1 patty/2 oz WG Bun 2 oz French Fries 1/2 C Baked Beans 1/2 C Fruit 1/2 Cup Milk 1 Cup	7 WG French Toast Sticks 2oz/2 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Chicken Patty 2oz WG Biscuit 2 oz Roasted Sweet Potato 1/2 cup Green Peas 1/2 cup Fruit 1/2 cup Milk 1 cup	8 Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Broccoli 3/4 Cup Rice 1/2 Cup WG Biscuit 2oz Fruit 1/2 Cup Milk 1 Cup Gravy optional	9 WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Amazing Lo Mein Spaghetti 2oz Garbanzo Bean 2oz Pepper/Onion 1/4c Carrots 1/2 cup WG Bread Stick 1 oz Fruit 1 cup Milk 8 oz	10 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Tuna Salad Sandwich: Tuna Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
13 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3 oz Roasted Sweet Potato 1/2 C Baked Beans 1/2C WG Bread Stick 1oz/1pc Fruit 1/2 cup Milk 1 cup	14 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Beef Patty 1 patty/2oz Beef Gravy Smiley Face Potatoes 1/2 Cup Tuscan Veggies 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	15 Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Macaroni & Cheese 1/2 Cup Broccoli 1/2 C WG Bread Stick 1oz Fruit 1/2 Cup Milk 8oz	16 WG Waffles 1pc/1.25oz WG Wrap 2.5 oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Carrots 1/2 C Salad 1 Cup Tomato 1/4C Fruit 1 Cup Milk 1 Cup	17 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Salad Sandwich: Chicken Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
20 Martin Luther King Day School Closed		21 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Hamburger Patty 1 patty/2 oz WG Bun 2 oz French Fries 1/2 C Baked Beans 1/2 C Fruit 1/2 Cup Milk 1 Cup	22 Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Broccoli 3/4 Cup Rice 1/2 Cup WG Biscuit 2oz Fruit 1/2 Cup Milk 1 Cup Gravy optional	23 WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Spaghetti 3/4 cup cooked Turkey Meatballs 2 oz Marinara Sauce 1/4 C Green Beans 1/2 C WG Bread Stick 1oz Fruit 1/2 Cup Milk 1 Cup	24 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Tuna Salad Sandwich: Tuna Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
27 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3 oz Roasted Sweet Potato 1/2 C Baked Beans 1/2C WG Bread Stick 1oz/1pc Fruit 1/2 cup Milk 1 cup	28 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Beef Patty 1 patty/2oz Beef Gravy Smiley Face Potatoes 1/2 Cup Tuscan Veggies 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	29 Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Penne Pasta 3/4 cup cooked Beef Crumble 2 oz Marinara Sauce 1/4 C Green Beans 3/4C WG Bread Stick 1oz Fruit 1/2 Cup Milk 1 Cup	30 WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 2 oz Spinach 1/2 C Green Salad 1/2 Cup Diced Tomato 1/4 cup. Fruit 1/2 cup Milk 1 cup	31 Cereal 3/4 cup WG Muffin 2oz Fruit 1 Cup Milk 1 Cup	Chicken Salad 2oz WG Bread 2oz Sweet Potato Fries 1/2 Cup Green Salad 1/2C Tomato 1/4 Cup Fruit 1/2 Cup Milk 1 Cup

Return Order by January 2025 Pre-School

Paid				
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	\$2.00	\$3.15		
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16				
17				
20	SCHOOL	CLOSED	MLK	DAY
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22				
23				
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27				
28				
29				
30				
31				

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• Please note the pureed and minced and moist muffins will be served upon availability for breakfast on Monday and Friday. *Substitutes for breakfast grains can be interchangeable between French Toast, Waffles, or Pancakes if an item is unavailable from the distributor. The menu is subject to change due to ongoing supply chain issues.
***Please remember all Food Allergies and Restricted Diets must have a physician order per NSLP/USDA. Chocolate Milk is Not Allowed for Pre School Students per NSLP rules**