## Breakfast, Lunch and Snack Menu

**January 27-31**

“USDA is an equal opportunity provider and employer.”

<table>
<thead>
<tr>
<th>AM Snack</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Alternative Lunch Entrée</th>
<th>PM Snack</th>
<th>Evening Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>Toast</td>
<td>Pasta Bake (VG)</td>
<td>Beans and Rice</td>
<td>Apples</td>
<td>Bread</td>
</tr>
<tr>
<td>Cup of Milk</td>
<td>Cup of Milk</td>
<td>(VG)Steamed Broccoli</td>
<td>Beans and Rice</td>
<td>Pineapple</td>
<td>Cup of Water</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(VG)Italian Chopped Salad</td>
<td></td>
<td>Club Crackers</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(V)Garlic Breadsticks</td>
<td></td>
<td>Applesauce</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(VG)Hand Fruit</td>
<td></td>
<td>Cup of Water</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Morning Fruit</td>
<td></td>
<td>Cheese-Its</td>
<td>Front</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Morning Fruit</td>
<td></td>
<td>Handfruit</td>
<td>Front</td>
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<td></td>
<td>Handfruit</td>
<td>Front</td>
</tr>
</tbody>
</table>

(V) - Vegan  
(G) - Made without gluten containing ingredients  
(E) - Contains egg  

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#### Breakfast Options
- Bread
- Cup of Milk
- Toast
- Butter
- Cup of Milk
- Applesauce
- Pizza
- Griller Bar
- Korean Barbeque Soy Curls
- Jasmine Rice
- Brilliant Stir-fry
- Asain Slaw
- Mandarin Oranges

#### Lunch Options
- Pasta Bake (VG)
- Steamed Broccoli (VG)
- Italian Chopped Salad (VG)
- Hand Fruit (VG)
- Cheese Quesadilla (V)
- Vegetable Soy Cheese Pizza (VG)
- Tortilla Chips (VG)
- Hand Fruit (VG)
- Whole Wheat Bun (G)
- Lettuce/tomato/onion/pickles (VG)
- Tater Tots/ketchup (VG)
- Carrots/Celery Sticks (VG)
- Mandarin Oranges (VG)

#### Snack Options
- Apples
- Pineapple
- Club Crackers
- Applesauce
- Cup of Water
- Handfruit
- Cheese-Its
- Cup of Water
- Teacher's Choice Fruit

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