

K-12 Breakfast Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW....

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk
Skim Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian items are indicated with a "V"



2 Multi-Grain Frosted Flakes w/ Graham Crackers

Diced Peaches & 100% Grape Juice

9 Cherry Cocoa Bar

Fresh Pear & 100% Pineapple Juice

16 Cinnamon Crips Bar

Raisins & 100% Grape Juice

23 MultiGrain Cheerios w/ Graham Crackers

Raisins & Applesauce

30 Multi-Grain Frosted Flakes w/ Graham Crackers

Diced Peaches & 100% Grape Juice

3 Strawberry Yogurt w/ Graham Crackers Or Apple Frudel

Fresh Apple & Diced Pineapple

10 Strawberry Yogurt w/ Graham Crackers Or Waffles

Diced Pineapple & 100% Apple Juice

17 Strawberry Yogurt w/ Graham Crackers Or Pancakes w/ Syrup

Diced Pineapple & 100% Apple Juice

24 Strawberry Yogurt w/ Graham Crackers Or French Toast w/ Syrup

Diced Peaches & 100% Grape Juice

31 Strawberry Yogurt w/ Graham Crackers Or Apple Frudel

Fresh Apple & Diced Pineapple

4 Banana Muffin Or Waffles

Diced Peaches & 100% Grape Juice

11 Strawberry Shredded Wheat Cereal w/ Graham Crackers Or French Toast w/ Syrup

Diced Peaches & 100% Grape Juice

18 Multi-Grain Cinnamon Flakes w/ Graham Crackers Or Apple Frudel

Diced Peaches & 100% Grape Juice

25 Cinnamon Raisin Bagel w/ Butter Or French Toast w/ Syrup

Applesauce & 100% Orange Juice

5 Blueberry Shredded Wheat w/ Graham Crackers Or Pancakes w/ Syrup Applesauce & 100% Orange Juice

12 Plain Bagel w/ Cream Cheese Or Cinnamon Bun ^V Applesauce & 100% Orange Juice

19 Plain Bagel w/ Cream Cheese Or Waffles w/ Syrup ^V

Applesauce & 100% Orange Juice

26 Honey Bunches of Oats w/ Graham Crackers Or Cinnamon Bun

Fresh Apple & 100% Orange Juice

6 Cinnamon Crips Bar

Raisins & 100% Grape Juice

13 Multi-Grain Cinnamon Flakes w/ Graham Crackers

Raisins & 100% Grape Juice

20 Blueberry Muffin

Fresh Orange & 100% Pineapple Juice

27 Cherry Cocoa Bar

Fresh Pear & 100% Pineapple Juice

PSN Breakfast Menu

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WEDNESDAY

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2 Mult-Grain Frosted Flakes

100% Grape Juice

9 Blueberry Muffin

100% Fruit Juice

16 Mult-Grain Frosted Flakes

100% Grape Juice

22 Blueberry Muffin

100% Fruit Juice

29 Mult-Grain Frosted Flakes

100% Grape Juice

3 4 oz Yogurt

100% Orange Juice

10 Multi-Grain Cheerios

100% Orange Juice

17 4 oz Yogurt

100% Orange Juice

23 Multi-Grain Cheerios

100% Orange Juice

30 4 oz Yogurt

100% Orange Juice

4 Rice Chex

100% Apple Juice

11 Corn Muffin

Fresh Apple

18 Rice Chex

100% Apple Juice

26 Corn Muffin

Fresh Apple

5 Cinnamon Raisin Bagel w/ Butter

100% Fruit Juice

12 4 oz Yogurt

100% Orange Juice

19 Cinnamon Raisin Bagel w/ Butter

100% Fruit Juice

27 4 oz Yogurt

100% Orange Juice

6 Banana Muffin

100% Fruit Juice

13 Cheerios

100% Grape Juice

20 Banana Muffin

100% Fruit Juice

28 Cheerios

100% Grape Juice

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PSN Lunch Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Lunch Milk Choices

1% Milk
Skim Chocolate Milk

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1 Turkey Fajita w/
Brown Rice
and
Corn
Or
Cheese Ravioli's with
Tomato Sauce w/
Italian Vegetables

Applesauce

8 WG Chicken Bites
w/ Roasted Potatoes
Or
Falafel Nuggets and
Corn

Applesauce

15 Beef Burger w/ Ketchup
on WW Bun w/ Green Beans
Or
Spanish Rice & Beans and
Plantains

Fresh Apple

21 Chicken Parmesan w/
Green Beans
Or
WG Penne
w/ Tomato Sauce &
Low-Fat Mozzarella
Cheese and Italian
Vegetables

Fresh Apple

26 Turkey Fajita w/
Brown Rice and
And Corn
Or
Cheese Ravioli's with
Tomato Sauce w/
Italian Vegetables

Applesauce

2 Chicken Mole w/ Brown
Rice and Green Peas
Or
Spanish Rice & Beans and
Plantains

Pears

9 Beef Chili w/
WW Bread Slice
and
Mixed Vegetables
Or
Spanish Rice & Beans and
Plantains

Fresh Apple

16 Falafel Nuggets w/ WW
Bread Slice and Corn

Fresh Orange

22 Spanish Rice & Beans
and
Plantains

Fresh Orange

27 Chicken Mole w/
Brown Rice and
Green Peas
Or
Spanish Rice & Beans
and Plantains

Pears

5 WG Chicken
Fingers w/ Ketchup
and Corn
Or
Falafel Nuggets and
Corn

Fresh Apple

12 Cheese Ravioli's with
Tomato Sauce w/ Italian
Vegetables

Pear

19 Chicken Alfredo
w/ Broccoli
Or
Home Style Macaroni & Low-
Fat Cheese and Broccoli

Fresh Apple

28 Salisbury Steak
WW Bread Slice Roasted
Potatoes
Or
Falafel Nuggets^v
WW Bread Slice
Corn

Peach Cup

6 WG Penne Beef Meat
Sauce and Italian Vegetables
Or
WG Penne w/ Tomato
Sauce & Low-Fat
Mozzarella Cheese and
Italian Vegetables

Fresh Pineapple Cup

13 Chicken Strips w/
Honey Mustard and WW
Bread Slice and Green
Beans
Or
Home Style Macaroni &
Low-Fat Cheese
and Broccoli

Orange

20 BBQ Chicken w/
Sweet Mashed
Potatoes
Or
Cheese Ravioli's
with Tomato Sauce
w/ Italian Vegetables

Fresh Pineapple Cup

29 Caribbean Pineapple
Chicken
Brown Rice
Carrots
Or
Home Style Macaroni & Low-
Fat Cheese
Broccoli

Fresh Apple

7 Home Style Macaroni
& Low-Fat Cheese
and Broccoli

Fresh Apple

14 WG Penne w/
Tomato Sauce & Low-
Fat Mozzarella Cheese
and Italian Vegetables

Pear

23 Cheese Pizza

Garden Salad w/ Ranch
Dressing

Fresh Apple

30 Meatloaf w/ Gravy
WW Bread Slice
Mashed Potatoes
Or
Cheese Pizza
Garden Salad w/ Ranch
Dressing

Fresh Pear



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K-8 Lunch Menu

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THURSDAY

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Skim Chocolate Milk

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2 Chicken Nuggets
Baked Beans
Or
Falafel Bites[✓]
over Quinoa Pilaf
Black Beans & Tomato
Fresh Apple

9 Cheese Quesadilla[✓]
Mexican Corn Salad
Or
Beef Salisbury w/ Gravy
WW Bread
Roasted Potatoes
Fresh Apple

16 Cheese Beef Burger
on WW Bun
Roasted Potatoes
Or
Egg & Cheese Sandwich
w/ Ketchup and
Roasted Potatoes
Fresh Apple

23 BBQ Beef Meatballs
WW Club Roll
Steamed Broccoli
Or
Pasta w/ Tomato Sauce[✓]
& Mozzarella Cheese
Steamed Broccoli
Fresh Apple

30 Chicken Nuggets
Baked Beans
Or
Falafel Bites[✓]
over Quinoa Pilaf
Black Beans & Tomato
Fresh Apple

3 Macaroni & Cheese[✓]
Steamed Broccoli
Or
Beef Meatballs w/ Tomato
Sauce & Mozzarella Cheese
WW Club Roll
Steamed Broccoli
Fresh Pear

10 Chicken & Vegetable
Dumplings
Oriental Vegetables
Or
Edamame Noodle Bowl[✓]
Blended Vegetables
Fresh Pear

17 Fajita Chicken
over Brown Rice
Black Beans & Tomatoes
Or
Spanish Rice w/ Cheese[✓]
Kidney Beans
Fresh Pear

24 Turkey Hot
Dog on WW
Bun Baked
Beans
Or
Spanish Rice w/ Cheese[✓]
Kidney Beans
Fresh Pear

31 Macaroni & Cheese[✓]
Steamed Broccoli
Or
Beef Meatballs w/ Tomato
Sauce & Mozzarella Cheese
WW Club Roll
Steamed Broccoli
Fresh Pear

4 Chicken Tamale
w/ Spanish Brown Rice
Refried Beans
Or
Curry Lentil Stew[✓]
over Brown Rice
Green Beans
Fresh Apple

11 BBQ Chicken
over Brown Rice
Baked Beans
Or
Chickpea Marinara[✓]
w/ Cheese over Pasta
Fresh Apple

18 Beef Meatballs &
Spaghetti w/ Tomato Sauce
& Parmesan Cheese
Steamed Broccoli
Or
Veggie Burger[✓]
on WW Bun
Garden Salad w/ Ranch
Dressing
Fresh Apple

25 Chicken Tenders
Roasted Potatoes
Or
Protein Pasta Alfredo w/
WW Bread Slice and
Steamed Peas
Fresh Apple

5 Beef Meatloaf w/ Gravy
WW Bun
Mashed Potatoes
Or
Veggie Burger[✓]
on WW Bun
Roasted Potatoes
Fresh Banana

12 Stuffed Cheese Sticks[✓]
Marinara Sauce
100% Sun Splash Veg Juice
Or
Turkey Fajita w/ Brown Rice
Carrots
Fresh Banana

19 Cheese Raviolis[✓] w/
Tomato Sauce Green
Beans
Or
Cobb Salad[✓]
w/ Romaine Lettuce Pita
Bread
Fresh Banana

26 Cheese Lasagna w/
Tomato Sauce Green
Beans
Or
Chicken Caesar Salad w/
Romaine Lettuce Pita
Bread
Fresh Banana

6 French Bread Cheese
Pizza[✓]
Fresh Baby Carrots w/
Ranch Dressing
Or
Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Apple

13 Cheese Pizza[✓]
Garden Salad w/ Ranch
Dressing
Or
Chicken Breast Sandwich
w/ Mayo
Garden Side Salad w/
Ranch
Fresh Apple

20 French Bread Cheese
Pizza[✓]
Fresh Baby Carrots
Or
Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Apple

27 Cheese Pizza[✓]
Fresh Baby Carrots
w/ Ranch Dressing
Or
Chicken Breast Sandwich
Fresh Baby Carrots w/
Ranch Dressing
Fresh Apple

9-12 Lunch Menu

January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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2 Chicken Nuggets
Baked Beans
Or
Falafel Bites V
over Quinoa Pilaf
Black Beans & Tomato
Fresh Apple

9 Cheese Quesadilla V
Mexican Corn Salad
Or
Beef Salisbury w/ Gravy
WW Bread
Roasted Potatoes
Fresh Apple

16 Cheese Beef Burger
on WW Bun
Roasted Potatoes
Or
Egg & Cheese Sandwich
w/ Ketchup and
Roasted Potatoes
Fresh Apple

23 BBQ Beef Meatballs
WW Club Roll
Steamed Broccoli
Or
Pasta w/ Tomato Sauce V
& Mozzarella Cheese
Steamed Broccoli
Fresh Apple

30 Chicken Nuggets
Baked Beans
Or
Falafel Bites V
over Quinoa Pilaf
Black Beans & Tomato
Fresh Apple

3 Macaroni & Cheese V
Steamed Broccoli
Or
Beef Meatballs w/ Tomato
Sauce & Mozzarella Cheese
WW Club Roll
Steamed Broccoli
Fresh Pear

10 Chicken & Vegetable
Dumplings
Oriental Vegetables
Or
Edamame Noodle Bowl V
Blended Vegetables
Fresh Pear

17 Fajita Chicken
over Brown Rice
Black Beans & Tomatoes
Or
Spanish Rice w/ Cheese V
Kidney Beans
Fresh Pear

24 Turkey Hot
Dog on WW
Bun Baked
Beans
Or
Spanish Rice w/ Cheese V
Kidney Beans
Fresh Pear

31 Macaroni & Cheese V
Steamed Broccoli
Or
Beef Meatballs w/ Tomato
Sauce & Mozzarella Cheese
WW Club Roll
Steamed Broccoli
Fresh Pear

4 Chicken Tamale
w/ Spanish Brown Rice
Refried Beans
Or
Curry Lentil Stew V
over Brown Rice
Green Beans
Fresh Apple

11 BBQ Chicken
over Brown Rice
Baked Beans
Or
Chickpea Marinara V
w/ Cheese over Pasta
Fresh Apple

18 Beef Meatballs &
Spaghetti w/ Tomato Sauce
& Parmesan Cheese
Steamed Broccoli
Or
Veggie Burger V
on WW Bun
Garden Salad w/ Ranch
Dressing
Fresh Apple

25 Chicken Tenders
Roasted Potatoes
Or
Protein Pasta Alfredo w/
WW Bread Slice and
Steamed Peas
Fresh Apple

5 Beef Meatloaf w/ Gravy
WW Bun
Mashed Potatoes
Or
Veggie Burger V
on WW Bun
Roasted Potatoes
Fresh Banana

12 Stuffed Cheese Sticks V
Marinara Sauce
100% Sun Splash Veg Juice
Or
Turkey Fajita w/ Brown Rice
Carrots
Fresh Banana

19 Cheese Raviolis V w/
Tomato Sauce Green
Beans
Or
Cobb Salad V
w/ Romaine Lettuce Pita
Bread
Fresh Banana

26 Cheese Lasagna w/
Tomato Sauce Green
Beans
Or
Chicken Caesar Salad w/
Romaine Lettuce Pita
Bread
Fresh Banana

6 French Bread Cheese
Pizza V
Fresh Baby Carrots w/
Ranch Dressing
Or
Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Apple

13 Cheese Pizza V
Garden Salad w/ Ranch
Dressing
Or
Chicken Breast Sandwich
w/ Mayo
Garden Side Salad w/
Ranch
Fresh Apple

20 French Bread Cheese
Pizza V
Fresh Baby Carrots
Or
Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Apple

27 Cheese Pizza V
Fresh Baby Carrots
w/ Ranch Dressing
Or
Chicken Breast Sandwich
Fresh Baby Carrots w/
Ranch Dressing
Fresh Apple

K-12 Snack Menu

January 2023

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2 WG Pretzels

100% Orange Juice

3 WG Graham Crackers

100% Fruit Juice

4 WG Blueberry Muffin

String Cheese

5 WG Graham Crackers

w/ Non-Fat Raspberry Yogurt

6 WG Tostitos

100% Apple Juice

9 WG Cheez-its

100% Fruit Juice

10 WG Corn Muffin

Roasted Sunflower Seeds

11 WG Graham Crackers

100% Apple Juice

12 String Cheese

Fresh Large Apple

13 WG Pretzels

100% Orange Juice

16 WG Blueberry Muffin

100% Fruit Juice

17 WG Cheez-its

Baby Carrots w/ Ranch Dressing

18 WG Pretzels

100% Orange Juice

19 String Cheese

Fresh Large Apple

20 WG Graham Crackers

100% Orange Juice

23 WG Banana Muffin

100% Orange Juice

24 WG Tostitos Scoops

100% Fruit Juice

25 WG Graham Crackers

Non-Fat Strawberry Yogurt

26 WG Pretzels

Fresh Large Apple

27 WG Corn Muffin

100% Orange Juice

30 WG Pretzels

100% Orange Juice

31 WG Graham Crackers

100% Fruit Juice

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2 WG Blueberry Muffin

Fresh Large Apple

3 WG Cheez-its

Baby Carrots w/ Ranch Dressing

4 WG Pretzels

Hummus

5 String Cheese

Fresh Large Apple

6 WG Graham Crackers

Non-Fat Strawberry Yogurt

9 WG Pretzels

Sunbutter

10 WG Graham Crackers

Non-Fat Strawberry Yogurt

11 WG Banana Muffin

100% Orange Juice

12 WG Pretzels

Cheese Stick

13 WG Corn Muffin

Fresh Large Apple

16 WG Pretzels

Hummus

17 WG Graham Crackers

Fresh Large Apple

18 WG Blueberry Muffin

String Cheese

19 WG Graham Crackers

Non-Fat Raspberry Yogurt

20 WG Cheez-its

String Cheese

23 WG Graham Crackers

Non-Fat Strawberry Yogurt

24 WG Corn Muffin

Fresh Large Apple

25 WG Cheez-its

100% Fruit Juice

26 WG Apple Muffin

String Cheese

27 WG Pretzels

Hummus

30 WG Blueberry Muffin

Fresh Large Apple

31 WG Cheez-its

Baby Carrots w/ Ranch Dressing

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2 Turkey Fajita w/
Brown Rice and
Corn

Applesauce

3 Chicken Breast
Baby Carrots

Pear

4 WG Chicken Fingers
w/ Ketchup and Corn

Apple

5 Turkey & Cheese
Sandwich
Garden Salad w/ Ranch
Dressing

Pineapple Cup

6 Home Style Macaroni
& Low-Fat Cheese and
Broccoli

Apple

9 WG Chicken Bites
w/ Roasted Potatoes

Applesauce

10 Hero Sandwich w/
Potato Salad

Apple

11 Cheese Ravioli's with
Tomato Sauce
Italian Vegetables

Pear

12 Mozzarella Cheese
Sticks
WW Honey Bagel w
Butter

Orange

13 WG Penne w/
Tomato Sauce & Low-
Fat Mozzarella Cheese
Italian Vegetables

Pear

16 Beef Burger w/
Ketchup and Green
Beans

Apple

17 Chicken Breast
Baby Carrots

Orange

18 Chicken Alfredo
Broccoli

Apple

19 Turkey & Cheese
Sandwich
Garden Salad w/ Ranch
Dressing

Pineapple Cup

20 Cheese Pizza
Garden Salad w/ Ranch
Dressing

Apple

23 Chicken Parmesan
Green Beans

Apple

24 Hero Sandwich
Potato Salad

Orange

25 Salisbury Steak w/
WW Bun
Roasted Potatoes

Peach Cup

26 Mozzarella Cheese
Sticks and WW Honey
Bagel w/ Butter
Garden Salad w/ Ranch
Dressing

Apple

27 Meatloaf w/ Gravy
WW Bread Slice and
Mashed Potatoes

Pear

30 Turkey Fajita w/
Brown Rice and Corn

Applesauce

31 Chicken Breast
Baby Carrots

Pear

Grab N Go Supper

December 2022

MONDAY

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2 Sunbutter & Jelly & String Cheese
Baby Carrots

Diced Peaches

9 Strawberry Yogurt & Mozzarella String Cheese
w/ Granola Drops and Baby Carrots

Applesauce

16 Sunbutter & Jelly & String Cheese w/ Baby Carrots

Diced Peaches

23 Strawberry Yogurt & Mozzarella String Cheese
Granola Drops

Applesauce

30 Sunbutter & Jelly & String Cheese
Baby Carrots

Diced Peaches

3 Chicken Breast w/ Baby Carrots
Or
Cheese Sandwich w/ Sun Splash Veg Juice

Cupped Pineapple

10 Hero Sandwich
Potato Salad Raisins
Or
Build Your Pizza
Shredded Mozzarella Cheese
Pita Bread
Marinara Cup
Fresh Orange

17 Chicken Breast
Baby Carrots
Cupped Pineapple
Or
Cheese Sandwich
Sun Splash Veg Juice

Cupped Pineapple

24 Hero Sandwich
Potato Salad Raisins
Or
Build Your Pizza-
Shredded Mozzarella Cheese
Pita Bread
Marinara Cup
Fresh Orange

31 Chicken Breast w/ Baby Carrots
Or
Cheese Sandwich w/ Sun Splash Veg Juice

Cupped Pineapple

4 Build Your Pizza-
Shredded Mozzarella Cheese w/ Pita Bread and Marinara Cup

Fresh Orange

11 Turkey-Bologna & Cheese Sandwich
Baby Carrots
Fresh Apple
Or
Sunbutter & Jelly w/ String Cheese and Baby Carrots

Diced Peaches

18 Build Your Pizza-
Shredded Mozzarella Cheese
Pita Bread
Marinara Cup

Fresh Orange

25 Turkey-Bologna & Cheese Sandwich
Baby Carrots
Or
Sunbutter & Jelly & String Cheese
Baby Carrots

Diced Peaches

5 Turkey & Cheese Sandwich Garden Salad w/ Ranch Dressing
Or
Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter

Raisins

12 Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Raisins

19 Turkey & Cheese Sandwich
Garden Salad w/ Ranch Dressing
Fresh Pear
Or
Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing
Raisins

26 Mozzarella Cheese Sticks
WW Honey Bagel w/ Butter
Garden Salad w/ Ranch Dressing

Raisins

6 Turkey-Ham & Cheese Sandwich w/ Sun Splash Veg Juice
Or
Strawberry Yogurt & Mozzarella String Cheese
Granola Drops
Baby Carrots
Applesauce

13 Turkey & Cheese Sandwich
Sun Splash Veg Juice
Fresh Orange
Or
Cheese Sandwich
Sun Splash Veg Juice
Orange

20 Turkey-Ham & Cheese Sandwich
Sun Splash Veg Juice
Applesauce
Or
Strawberry Yogurt & Mozzarella String Cheese
Granola Drops
Baby Carrots
Applesauce

27 Turkey & Cheese Sandwich
Sun Splash Veg Juice
Fresh Orange
Or
Cheese Sandwich
Sun Splash Veg Juice
Cupped Pineapple