



JANUARY 2022 AFTERSCHOOL HOT SUPPER MENU



Remember that at least one vegetable component MUST be served at every Supper!

MONDAY 1/10/2022	TUESDAY 1/11/2022	WEDNESDAY 1/12/2022	THURSDAY 1/13/2022	FRIDAY 1/14/2022
217 TERIYAKI GLAZED CHICKEN W/BROWN RICE 623 BROCCOLI 639 CORN 100 WHITE MILK 	289 WG PANCAKES WITH SAUSAGE PATT 634 HASH BROWNS 670 FRESH FRUIT 100 WHITE MILK	255 CHEESE STUFFED BREADSTICKS 622 RED GOLD MARINARA SAUCE CUP 670 FRESH FRUIT 100 WHITE MILK FOOD ORDER DUE FOR JAN 31	270 CHICKEN STRIPS WITH MACARONI AND CHEESE 606 CHOPPED ROMAINE SALAD 611 BABY CARROTS PACK 100 WHITE MILK	201 CHEESEBURGER PATTY 606 CHOPPED ROMAINE SALAD 628 MIXED VEGETABLES 914 WHEAT HAMBURGER BUN 100 WHITE MILK
1/17/2022 294 MEATBALLS WITH TOMATO SAUCE 624 GARLIC BUTTER GREEN BEANS 670 FRESH FRUIT 907 WHEAT HOT DOG BUN 100 WHITE MILK Martin Luther King, Jr. Day	1/18/2022 221 TWO CHEESE, CHICKEN & GREEN CHILE WG QUESADILLA 620 RED GOLD SALSA CUP 628 MIXED VEGETABLES 100 WHITE MILK	1/19/2022 253 HOT DOG WITH FRENCH FRIES 603 MAPLE BAKED BEANS 907 WHEAT HOT DOG BUN 100 WHITE MILK FOOD ORDER DUE FOR FEB 7	1/20/2022 205 WG POPCORN CHICKEN 611 BABY CARROTS PACK 639 CORN 100 WHITE MILK 	1/21/2022 271 WG SPAGHETTI AND MEATBALLS 623 BROCCOLI 670 FRESH FRUIT 100 WHITE MILK
1/24/2022 255 CHEESE STUFFED BREADSTICKS 622 RED GOLD MARINARA SAUCE CUP 670 FRESH FRUIT 100 WHITE MILK	1/25/2022 234 WG CHICKEN TENDERS WITH POTATO WEDGES 623 BROCCOLI 100 WHITE MILK 	1/26/2022 201 CHEESEBURGER PATTY 628 MIXED VEGETABLES 704 FRENCH FRIES 914 WHEAT HAMBURGER BUN 100 WHITE MILK FOOD ORDER DUE FOR FEB 14	1/27/2022 263 5" ROUND WG CHEESE PIZZA 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK 	1/28/2022 251 WG BAKED CHICKEN NUGGETS 606 CHOPPED ROMAINE SALAD 611 BABY CARROTS PACK 100 WHITE MILK

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Milk: Either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk must be served.
REMINDER! Water must be OFFERED every day!
WG = WHOLE GRAIN-RICH

MENU SUBJECT TO CHANGE



Kindness
 is like snow -
 It beautifies everything
 it covers.
 "Kahlile Gibram"