



January Menu 2024

Cultural Food Theme: **Hawaiian**



Lentils

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01

NEW Years Day!



02

Break

03

Break

04

Break

08

B: Yogurt with peaches, graham crackers, Milk

L: Tuna noodle casserole, peas, banana's, milk

S: Cheese quesadilla, Milk

09

B: French Toast bread, applesauce, Milk

L: Beef Taco **Salad**, Oranges, Milk

S: Pretzels, Cheese stick, Milk

10

B: Scrambled Egg, WW toast, melon, Milk

L: Sweet potato, cauliflower and **LENTIL** bowl, grilled chicken breast, grapes

S: **Hawaiian Fruit dip**, Milk

11

B: Cheerio's, Fresh Fruit (Pear), Milk

L: Tomato Soup, Cold Cheese Sandwiches, Apples, Milk

S: WW crackers, Pepperoni, cheese cubes, Milk

15

NO SCHOOL

16

B: Oatmeal, banana's, Milk

L: **Hawaiian sweet and sour ham over rice**. Red and yellow peppers, pineapple, Milk,

S: Banana bread, milk

17

B: Hard boiled egg, WW toast, apples, Milk

L: Sloppy joes on WW roll, Broccoli, Orange slices, Milk

S: Cheese Quesadilla, Milk

18

B: Corn Chex, Pears, Milk

L: **LENTIL, veggie and Ham soup**, WW crackers, Apple slices, Milk

S: Carrot Sticks with dip, Pretzels, Milk

22

B: Graham Crackers, **Mango smoothie blend**, Milk

L: Chicken penne in creamy sauce, broccoli, oranges, milk

S: Grapes, string cheese, Milk

23

B: Cream of Wheat, apple slices Milk

L: Baked Fish, roasted asparagus, WW Roll, peaches Milk

S: Deli meat and cheese roll up, Milk

24

B: Cinnamon bread, applesauce, Milk

L: Chicken caesar WW wraps, spinach, banana, milk

S: WW mini waffles with PB and Milk

25

B: Cheerio's, peaches Milk

L: Beef and Veggie stew, WW roll, apples, milk

S: Chocolate **LENTIL** muffin, milk

29

B: Oatmeal, strawberries, milk

L: Tunafish Sandwich, pickles, apple slices, milk

S: blueberry oatmeal muffin, milk

30

B: Baked WW french toast, berry sauce, milk

L: 100% beef hotdog, tater tots, orange slices, milk

S: WW bagel with strawberry cream cheese, milk

31

B: **Hawaiian Tofu Breakfast pudding**, bananas, Milk

L: Chicken Taco Salad, apple slices, carrot sticks milk

S: PB/J rollup WW tortilla, Milk

***Parents-Check out our Health and Nutrition Bulletin Board at each site-It has great free resources and handouts!**



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lentejas

01

¡Día de Año Nuevo!



02

Romper

03

Romper

04

Romper

08

B: Yogur con duraznos, galletas Graham, Leche

L: Cazuela de fideos con atún, guisantes, plátano, leche

S: Quesadilla de queso, Leche

09

B: pan francés, puré de manzana, leche

L: **Ensalada de lacos de carne**, Naranjas, Leche

S: Pretzels, barra de queso, Leche

10

B: Huevos Revueltos, Tostadas WW, Melón, Leche

L: Bowl de boniato, coliflor y **LENTEJAS**, pechuga de pollo a la plancha, uvas

S: **salsa de frutas hawaianas**, leche

11

B: Cheerio's, fruta fresca (Pera), Leche

L: Sopa De Tomate, Fria sándwiches de queso, manzanas, leche

S: galletas WW, pepperoni, cubitos de queso, leche

15

NO HAY CLASES

16

B: Avena, plátano, Leche

L: **dulce hawaiano y jamón agrio sobre arroz**, Rojo y pimientos amarillos, piña, leche,

S: pan de plátano, leche

17

B: huevo duro, tostadas WW, manzanas, leche

L: Sloppy Joes en WW Roll, Brócoli, Rodajas de naranja, Leche

S: Quesadilla De Queso, Leche

18

B: Chex de maíz, peras, leche

L: **LENTEJAS**, vegetales y **Sopa de jamón**, galletas WW, Rodajas de manzana, Leche

S: palitos de zanahoria con salsa, Pretzels, Leche

22

B: galletas Graham, **mezcla de batido de mango**, leche

L: Penne de pollo en salsa cremosa, brócoli, naranjas, leche

S: Uvas, queso en tiras, Leche

23

B: Crema de Trigo, rodajas de manzana Leche

L: Pescado al horno, espárragos asados, WW Roll, duraznos Leche

S: Rollo de fiambres y queso arriba, leche

24

B: Pan de canela, puré de manzana, Leche

L: Wraps de pollo César WW, espinacas, plátano, leche

S: mini gofres WW con PB y leche

25

B: Cheerio's, duraznos Leche

L: Estofado de ternera y verduras, panecillo WW, manzanas, leche

S: Muffin **de LENTEJAS** y chocolate, leche

29

B: **avena**, fresas, leche

L: Sándwich de atún, pepinillos, rodajas de manzana, leche

S: muffin de avena y arándanos, leche

30

B: Tostadas francesas WW al horno, salsa de frutos rojos, leche

L: hot dog 100% carne, tater tots, rodajas de naranja, leche

S: bagel WW con queso crema de fresa y leche

31

B: **pudding de desayuno con tofu hawaiano**, plátanos y leche

L: Ensalada de taco de pollo, rodajas de manzana, palitos de zanahoria, leche

S: tortilla WW enrollada PB/J, Leche

***Padres: consulten nuestro tablón de anuncios de salud y nutrición en cada sitio. ¡Tiene excelentes recursos y folletos gratuitos!**