

January BREAKFAST MENU: Don Bosco

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK
8	9	10	11	12
Pancake (2 oz) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Apple Sauce (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
15	16	17	18	19
SCHOOL CLOSED MLK Jr. BIRTHDAY	Pancake (2 oz) Turkey Sausage (1 oz) Pineapple Chunks (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
22	23	24	25	26
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Apple Sauce (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Diced Pears (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
29	30	31		
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Apple Sauce (1 c) Milk (8oz)		

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

January LUNCH MENU: Don Bosco

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK
8	9	10	11	12
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Fresh Watermelon * (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Lettuce & Tomato (1/4 c) Curried Chick Peas (3/4 c) Fresh Honeydew melon * (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Guava & Pineapple (1 c) Milk (8 oz)	Hamburger (3 oz) Lettuce & Tomato (1/4 c) Sliced Carrots (3/4 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
15	16	17	18	19
SCHOOL CLOSED MLK Jr. BIRTHDAY	Fajita Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Broccoli (1/2 c) Fresh Watermelon * (1 c) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Curried Chick Peas (3/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1 oz) Whole Grain Wheat Bread (2 slice) Fresh Honeydew melon * (1 c) Milk (8 oz)	Turkey Burger (3 oz) Lettuce & Tomato (1/4 c) Corn (3/4 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
22	23	24	25	26
Taco Bowl w/Ground Turkey (2 oz) Dice Tom & Tomato Sauce (1/2 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/2 c) Pineapple Chunks (1 c) Milk (8 oz)	Sliced Turkey Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1 oz) Whole Grain Wheat Bread (2 slice) Mandarin Orange Slices (1 c) Milk (8 oz)	Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Peas (1 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Mandarin Orange Slices (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Chicken Tenders (2 oz) Brown Rice (yellowrecipe) (1 c) Broccoli (1 c) Fresh Honeydew melon * (1 c) Milk (8 oz)
29	30	31		
Sloppy Joe (1 c) with Ground Turkey (2 oz) Tomato Joe Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Milk (8oz)	BBQ Chicken Sandwich (2 oz) Baked Beans (Veggie) (1 c) Fresh Watermelon * (1 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)		

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Bowie Produce, Landover MD