

January BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	SCHOOL CLOSED NEW YEARS DAY	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK
7	8	9	10	11
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Fresh Watermelon * (1 c) Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Cinnamon Apple Slices (1 c) Milk (8oz)	Scrambled Egg & Cheese on (1 lg) (1 oz) Grilled Wheat (2 Slice) Banana * (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)
14	15	16	17	18
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Applesauce (1 c) Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	Scrambled Egg & Cheese on (1 lg) (1 oz) Grilled Wheat (2 Slice) Banana * (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Apple * (1 c) Milk (8oz)
21	22	23	24	25
SCHOOL CLOSED MLK Jr. BIRTHDAY	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Applesauce (1 c) Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg & Cheese on (1 lg) (1 oz) Grilled Wheat (2 Slice) Banana * (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)
28	29	30	31	
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Applesauce (1 c) Milk (8oz)	French Toast (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c) Milk (8oz)	Scrambled Egg & Cheese on (1 lg) (1 oz) Grilled Wheat (2 Slice) Mandarin Orange Slices (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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	SCHOOL CLOSED NEW YEARS DAY	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK	SCHOOL CLOSED WINTER BREAK
7	8	9	10	11
All Beef Hot Dog (2 oz) Potato Wedges (1 c) Fresh Water Melon * (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)	Meat Ball Sub (2 oz) Tomato Sauce (1/2 c) Green Beans (3/4 c) Whole Grain Sub Roll (2 oz) Banana * (1 c) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Cantaloupe * (1 c) Milk (8 oz)	Red Curry Chicken (1.5 oz) Curried Tomato Sauce (1/2 c) Brown Rice (yellowrecipe) (1 c) Curried Kidney Beans (1/2 c) Fresh Honeydew Melon * (1/4 c) Milk (6 oz)	Grilled Cheese Sandwich (2 oz) Tomato Soup (1 c) Guava & Pineapple (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)
14	15	16	<u>Breakfast for Lunch</u> 17	18
Chicken Patty Sandwich (2 oz) Potato Wedges (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Chicken Tenders (2 oz) Brown Rice (yellowrecipe) (1 c) Green Beans (1 c) Fresh Honeydew melon * (1 c) Milk (8oz)	Pizza Sub w/ pizza sauce (1/2 c) Mozzarella Cheese (2 oz) Whole Wheat Sub Roll 6" (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Fresh Water Melon * (1 c) Milk (8oz)	Scrambled Egg (1 oz) Turkey Sausage (1 oz) Pancake (1/2 c) Hash Brown Potatoes w/ (1/2 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/2 c) Mandarin Orange Slices (1 c) Milk (8 oz)	Hamburger (2 oz) Baked Beans (Veggie) (1 c) Whole Grain Burger Roll (2 oz) Fresh Cantaloupe * (1 c) Milk (8 oz)
21	22	23	24	25
SCHOOL CLOSED MLK Jr. BIRTHDAY	Teri-Yaki Meatballs (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Sliced Carrots (1/2 c) Green Beans (1/4 c) Green Peas (1/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) Caesar Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Cinnamon Apple Slices (1 c) Milk (8 oz)	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)	Peruvian Chicken (2 oz) Peruvian Brown Rice (1 c) w/ Red Kidney Beans (1/2 c) Diced Tomato (1/4 c) Corn (1/2 c) Fresh Water Melon * (1 c) Milk (8 oz)
28	29	30	31	
Hamburger (2 oz) Potato Wedges (1 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Cantaloupe * (1 c) Milk (8 oz)	Lemon Curry Chicken (1.5 oz) Brown Rice (yellowrecipe) (1 c) Curried Chick Peas (1 c) Fresh Watermelon * (1/4 c) Milk (6 oz)	

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
Harrisberg Dairy, PA
Bowie Produce, Landover MD