

# January 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast Grab and Go options offered daily: Bagel, mini cinni, muffin, cereal, yogurt, cheese, pop tart, fresh fruit, 100% juice	Fresh fruit and vegetable bar offered daily with lunch	1% white and fat-free chocolate is offered at both meals		
4 French toast Chicken nuggets, baked beans	5 Waffles Orange chicken, veg stir fry, rice, egg roll	6 Donuts Chili, cinnamon roll, crackers	7 Pancake/sausage bites Pizza, breadstick, corn	8 Scrambled egg Honey bbq bites, potato smiles, garlic toast
11 Biscuits and gravy Pork tenderloin, mashed potatoes, gravy, dinner roll	12 Pancakes Ham and cheese, sweet potato puffs, broccoli	13 NO SCHOOL	14 Breakfast pizza Crispito, refried beans	15 omelet Cheesy bread, waffle fries
18 french toast Bosco sticks, seasoned potatoes,	19 Waffles Italian Chicken sandwich, broccoli	20 Donuts Sloppy Joes, baked beans, potato salad	21 pancake/sausage bites Fish sticks, mac and cheese, carrots	22 Scrambled egg Pizza crunchers, corn
25 Biscuits and gravy Chicken strips, mashed potatoes, gravy	26 Pancakes Cheeseburger on a bun, steak fries, mixed veggies	27 Breakfast sandwich Teriyaki Chicken, brown rice, egg roll	28 breakfast pizza Calzone, broccoli, breadstick	29 Omelets Meatball sub, carrots
	Like us on Facebook: Raptor Nutrition  Follow us on Instagram: @raptornutrition		Menu is subject to change without notice	This institution is an equal opportunity provider.



**Martin Bros.**  
DISTRIBUTORS, CO., INC.

martinbros.com  
800-847-2404