JANUARY 2024 MUMFORD

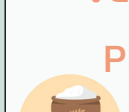
Milk will be offered with every meal.

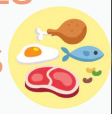
Monday	Tuesday	Wednesday	Thursday	Friday
8 Chicken Spaghetti with Garlic Bread or Choice of Pizza Steamed Broccoli Seasoned Corn Fruit Cup	9 Tacos Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato Oranges Smiles	10 Steak Fingers or Chicken Nuggets with Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apple Sauce	11 Loaded Mac & Cheese Bowl Garlic Knot Carrot Dippers Sauteed Squash Fruit Cup	12 Chicken Sandwich or Bacon Cheese Burger Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
15 Baked Ziti with Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Dessert	16 Enchiladas or Crispitos Pinto Beans Garden Fresh Salad Spanish Rice Homemade Salsa Fruit Cup	17 Fish Treasures or Chicken Strips with Hot Roll Mashed Potatoes Street Corn Mixed Fruit Cup	18 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Baby Carrots Seasoned Vegetables Fruit Salad	19 BBQ Sub or Chicken Sandwich Basket w/ Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit
22 Spaghetti w/ Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Green Beans Side Salad Berries and Cream	23 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Apple	24 Chicken & Waffles or Chicken Strips w/ Hot Roll Mashed Potatoes Glazed Carrots Fruit Cup	25 Soup and Sandwich Baked Chips Broccoli Bites Lettuce & Tomato Fruit Cup	26 ENJOY YOUR DAY OFF!
29 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Cup	30 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	31 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Peach Crisp	February 1 Stuffed Baked Potato with Hot Roll or Corn Dog Glazed Carrots Tossed Salad Fruit Cup	February 2 Chicken Sandwich or Cheese Burger Basket with Fries Lettuce, Pickles, and Tomatoes Fresh Baked Cookie Fresh Fruit

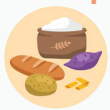
The Five

Did you know that there are five main food groups which are essential for good health? These food groups are:


FRUITS



VEGETABLES

PROTEINS



GRAINS

DAIRY


It is important to consume a variety of foods from each of these five groups daily, in recommended amounts. Your school lunch program works hard to provide you with a balanced lunch that helps you build better eating habits and improve your health. So, make sure you don't miss out on any of these food groups included in your daily meals!

Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 1/15, 1/29	Pancakes	Breakfast Pizza	Pig in a Blanket	Pretzel Bites	Ham & Cheese Croissant
Week of 1/8 & 1/22	Breakfast Sweet Roll	Pancake Wrap	Breakfast Sandwich	Muffins w/ Yogurt	Biscuits & Gravy