



# JANUARY 2023

## K-12<sup>th</sup> Breakfast and Lunch Menu

### Baton Rouge



#### MONDAY

2

Holiday

#### TUESDAY

3

Holiday

#### WEDNESDAY

4

Holiday

#### THURSDAY

5

##### BREAKFAST

Strawberry or Apple Chia Bar  
with Greek Yogurt

##### LUNCH

Turkey Hot Dog  
Bean Chili  
Cucumber Slices

#### FRIDAY

6

##### BREAKFAST

Turkey Ham and Cheese Croissant

##### LUNCH

Crispy Chicken or Fish Sandwich  
Parmesan Carrot Fries  
Coleslaw

9

##### BREAKFAST

Snack'n Waffles

##### LUNCH

BBQ Chicken  
Honey Wheat Roll  
Red Skin Potato Salad  
Corn on the Cobb

10

##### BREAKFAST

Homemade Granola &  
Yogurt Cup

##### LUNCH

Crispy Beef Tacos  
Refried Beans  
Shredded Romaine & Tomato Salad

11

##### BREAKFAST

Denver Style Breakfast Burrito

##### LUNCH

Lasagna Rollup  
Homemade Marinara  
Garlic Breadstick  
Garlic Green Beans

12

##### BREAKFAST

Biscuits & Jelly

##### LUNCH

Toasty Turkey Cheddar  
Flatbread Sandwich  
Homemade Pickle Chips  
Veggie Quinoa Soup

13

##### BREAKFAST

Apple Pie Overnight Oats

##### LUNCH

Pepperoni or Cheese Pizza  
Italian Seasoned Veggies  
Veggie Ranch Cup

16

Holiday

17

##### BREAKFAST

Chicken Sausage Pancake Sandwich

##### LUNCH

Cheeseburger or Hamburger  
Deluxe Deli Salad  
Curly Fries

18

##### BREAKFAST

Toast & Strawberry Cream Cheese

##### LUNCH

Baked Chicken  
Roasted Zucchini Slices  
Rustic Mashed Potatoes with Gravy  
Honey Wheat Roll

19

##### BREAKFAST

Breakfast Pizza

##### LUNCH

Spaghetti & Meatballs  
Homemade Marinara  
Cheesy Garlic Breadstick  
Caesar Salad

20

##### BREAKFAST

Sausage, Egg, & Cheese Bob

##### LUNCH

Chicken or Fish Dippers  
Sweet Potato Puffs  
White Beans & Kale  
Honey Wheat Roll

23

##### BREAKFAST

Pancake & Turkey Sausage on a Stick

##### LUNCH

Veggie Pizza  
Crumbly Ranch Cauliflower  
Fresh Garden Salad with Croutons

24

##### BREAKFAST

Fresh Fruit Parfait

##### LUNCH

Red Beans & Sausage over Rice  
Honey Wheat Roll  
Seasoned Corn

25

##### BREAKFAST

Banana Nut Muffin Top

##### LUNCH

Chicken Lo Mein  
Asian Kale Salad  
Honey Wheat Roll

26

##### BREAKFAST

Strawberry or Apple Chia Bar  
with Greek Yogurt

##### LUNCH

Turkey Hot Dog  
Bean Chili  
Cucumber Slices

27

##### BREAKFAST

Turkey Ham and Cheese Croissant

##### LUNCH

Crispy Chicken or Fish Sandwich  
Parmesan Carrot Fries  
Coleslaw

30

##### BREAKFAST

Warm Biscuit

##### LUNCH

BBQ Chicken with Roll  
Redskin Potato Sald  
Corn on the Cobb

31

##### BREAKFAST

Snack'n Waffles

##### LUNCH

Turkey Club Sub  
Veggie Quinoa Soup  
Deluxe Deli Salad



#### OFFERED DAILY

##### AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

##### AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

#### LEGEND

**B:** Breakfast  
**L:** Lunch

#### NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.



# JANUARY 2023 K-12<sup>th</sup> SUPER MENU Baton Rouge



## MONDAY

2

Holiday

## TUESDAY

3

Holiday

## WEDNESDAY

4

Holiday

## THURSDAY

5

Turkey & Cheddar  
Hoagie  
Mini Deli Salad

## FRIDAY

6

Twisted Cheesy  
Breadstick  
Marinara Cup

9

Wowbutter & Jelly  
Sandwich  
Cheese Stick  
Cucumber

10

Turkey Wrap  
Mini Deli Salad

11

Turkey  
& Cheddar Hoagie  
Baby Carrots

12

Personal Pizza  
Celery Sticks

13

Mozzarella Pearls  
Turkey Cubes  
Sun Chips  
Cherry Tomatoes

16

Holiday

17

Pretzel Bites  
Turkey Cubes  
Cheese Cubes  
Celery Sticks

18

Bean & Cheese  
Burrito  
Brocoli

19

Flatbread  
Mozzarella  
Pepperoni  
Marinara Cup  
Cucumber

20

Mac and Cheese w/  
Broccoli  
Turkey Jerky  
Cherry Tomatoes

23

Mini Corn Dog  
Cherry Tomatoes

24

Turkey Ham Cubes  
Hummus  
Sunchips  
Baby Carrots

25

Flatbread  
Hardboiled Egg  
Peanut Butter Cup  
Celery Sticks

26

Turkey & Cheddar  
Hoagie  
Mini Deli Salad

27

Twisted Cheesy  
Breadstick  
Marinara Cup

30

Pretzel Bites  
Turkey Cubes  
Cheese Cubes  
Celery Sticks

31

Chicken  
& Cheese Quesadilla  
Salsa Cup



### OFFERED DAILY

### AT SUPPER

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains

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