



# JANUARY 2023

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

### Ohio



#### MONDAY

2

Holiday

9

##### BREAKFAST

Snack'n Waffles

##### LUNCH

Cincinnati Chili  
Corn & Red Bell Pepper Salad

16

Holiday

23

##### BREAKFAST

Pancake on a Stick

##### LUNCH

Veggie Pizza  
Roasted Ranch Cauliflower

30

##### BREAKFAST

Snack'n Waffles

##### LUNCH

Cincinnati Chili  
Corn & Red Bell Pepper Salad

#### TUESDAY

3

Holiday

10

##### BREAKFAST

Yogurt with Graham Cracker

##### LUNCH

Crispy Beef Tacos  
Refried Beans  
Shredded Romaine & Tomato Salads

17

##### BREAKFAST

Maple Waffle Sandwich

##### LUNCH

Hamburger or Cheeseburger  
Deluxe Deli Salad  
Curly Fries

24

##### BREAKFAST

Yogurt Cup with Graham Cracker

##### LUNCH

Fish & Chips

31

##### BREAKFAST

Bacon, Egg & Cheese Burrito

##### LUNCH

Turkey Club Sub  
Seasoned Green Beans

#### WEDNESDAY

4

Holiday

11

##### BREAKFAST

Bacon, Egg, & Cheese Burrito

##### LUNCH

Mac & Cheese with Broccoli  
Cherry Tomatoes  
Honey Wheat Roll

18

##### BREAKFAST

Toast & Strawberry Cream Cheese

##### LUNCH

Crunchy Chicken Drumsticks  
Roasted Zucchini Slices  
Honey Wheat Roll

25

##### BREAKFAST

Banana Nut Muffin Top

##### LUNCH

Mandarin Chicken  
Brown Rice  
Roasted Broccoli & Mushroom

#### THURSDAY

5

##### BREAKFAST

Strawberry or Apple Chia Bar  
with Greek Yogurt

##### LUNCH

Turkey Hot Dog  
Vegetarian Baked Beans

12

##### BREAKFAST

Biscuits & Jelly

##### LUNCH

Toasty Turkey Cheddar Panini  
Seasoned Green Beans

19

##### BREAKFAST

Breakfast Pizza

##### LUNCH

Spaghetti & Meatballs  
Marinara Sauce  
Caesar Salad

26

##### BREAKFAST

Strawberry or Apple Chia Bar  
with Greek Yogurt

##### LUNCH

Turkey Hot Dog  
Vegetarian Baked Beans

#### FRIDAY

6

##### BREAKFAST

Turkey Ham, Egg & Cheese Croissant

##### LUNCH

Crispy Chicken or Fish Sandwich  
Parmesan Carrot Fries

13

##### BREAKFAST

Blueberry Muffin

##### LUNCH

Pepperoni or Cheese Pizza  
Broccoli Ranch Cup

20

##### BREAKFAST

Sausage, Egg, & Cheese English Muffin

##### LUNCH

Chicken or Fish Dippers  
Sweet Potato Puffs  
Wheat Roll

27

##### BREAKFAST

Turkey Ham, Egg & Cheese Croissant

##### LUNCH

Crispy Chicken or Fish Sandwich  
Parmesan Carrot Fries



#### 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.