

Crossroads Breakfast Menu January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Breakfast Meal Kit Coco Puffs WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	4 Breakfast Meal Kit Team Cheerios Cereal Bar Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	5 Breakfast Meal Kit Lucky Charms Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	6 Breakfast Meal Kit Fudge Pop Tart Cinn Grahams 100% apple juice Apple Slices Choice of Milk	7 Breakfast Meal Kit Coco Puff Cereal Bar WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk
	10 Breakfast Meal Kit Coco Puffs WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	11 Breakfast Meal Kit Team Cheerios Cereal Bar Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	12 Breakfast Meal Kit Lucky Charms Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	13 Breakfast Meal Kit Fudge Pop Tart Cinn Grahams 100% apple juice Apple Slices Choice of Milk	14 Breakfast Meal Kit Coco Puff Cereal Bar WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk
	17 NO SCHOOL Martin Luther King Jr. Day	18 Breakfast Meal Kit Team Cheerios Cereal Bar Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	19 Breakfast Meal Kit Lucky Charms Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	20 Breakfast Meal Kit Fudge Pop Tart Cinn Grahams 100% apple juice Apple Slices Choice of Milk	21 Breakfast Meal Kit Coco Puff Cereal Bar WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk
All milk is 1% low fat All bread is whole grain	24 Breakfast Meal Kit Coco Puffs WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	25 Breakfast Meal Kit Team Cheerios Cereal Bar Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	26 Breakfast Meal Kit Lucky Charms Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	27 Breakfast Meal Kit Fudge Pop Tart Cinn Grahams 100% apple juice Apple Slices Choice of Milk	28 Breakfast Meal Kit Coco Puff Cereal Bar WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk
Menu subject to change	31 Breakfast Meal Kit Coco Puffs WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk	February 1 Breakfast Meal Kit Team Cheerios Cereal Bar Mini Cinn Crackers 100% Orange Juice Apple Slices Choice of Milk	February 2 Breakfast Meal Kit Lucky Charms Strawberry mini bites 4oz fruit juice Apple Slices Choice of Milk	February 3 Breakfast Meal Kit Fudge Pop Tart Cinn Grahams 100% apple juice Apple Slices Choice of Milk	February 4 Breakfast Meal Kit Coco Puff Cereal Bar WG Cheez-its snack 100% Fruit punch Juice Apple Slices Choice of Milk

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

Crossroads Lunch Menu January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 CHEESEBURGERS on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	4 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	5 CHICKEN SANDWICH on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	6 MACARONI with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	7 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk
	10 TOASTED CHEESE SANDWICH Tomato Soup Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk	11 CHEESEBURGERS Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	12 TURKEY and CHEESE SUB on Whole Grain Bun Tater Tots Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	13 ROTINI with MEAT SAUCE Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	14 CHEESE PIZZA French Fries Fresh Cukes Assorted Fresh Fruit Choice of Low Fat Milk
Cheez-its Grades 9-12 on 1/3,4,5,6,7 1/10 1/18 1/27 2/4 Menu subject to change	17 NO SCHOOL Martin Luther King Jr. Day	18 CORN DOGS French Fries Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	19 NACHOS GRANDE on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk	20 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk	21 PENNE PASTA with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk
All milk Is 1% low fat All bread is whole grain	24 CHICKEN NUGGETS Whole Grain Dinner Roll Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk	25 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	26 ASIAN CHICKEN on Bed of Brown Rice Steamed Broccoli Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	27 MACARONI with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	28 MEATLOAF Whole Grain Breadstick(9-12) Mashed Potatoes Red Peppers Assorted Fresh Fruit Choice of Low Fat Milk
Menu subject to change	31 SLOPPY JOES on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk	February 1 HOT HAM & CHEESE SANDWICH on Whole Grain Bun Steamed Broccoli Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	February 2 CHICKEN SANDWICH on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk	February 3 ROTINI with MEAT SAUCE Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk	February 4 MEXICAN PIZZA French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk

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