


Farrell Area Schools K-12 Breakfast Menu January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs HIGH SCHOOL (7-12) Sweet Roll	4 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fruit Loops HIGH SCHOOL (7-12) Lemon Bread	5 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms HIGH SCHOOL (7-12) Cinnamon Roll	6 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cinnamon Toast Crunch Bar HIGH SCHOOL (7-12) Goody Ring	7 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart HIGH SCHOOL (7-12) Oatmeal Chocolate Chip Benefit Bar
	10 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs HIGH SCHOOL (7-12) Mini Powdered Donuts	11 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fruit Loops HIGH SCHOOL (7-12) Oatmeal Chocolate Chip Benefit Bar	12 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms HIGH SCHOOL (7-12) Sweet Roll	13 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cinnamon Toast Crunch Bar HIGH SCHOOL (7-12) Lemon Bread	14 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart HIGH SCHOOL (7-12) Dunkin Stick
Every student of Farrell Schools is entitled to breakfast and lunch at no cost!					
	17 NO SCHOOL Martin Luther King Jr. Day	18 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fruit Loops HIGH SCHOOL (7-12) Dunkin Stick	19 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms HIGH SCHOOL (7-12) Goody Ring	20 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cinnamon Toast Crunch Bar HIGH SCHOOL (7-12) Chocolate Bread	21 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart HIGH SCHOOL (7-12) Mini Chocolate Donuts
Milk offered daily: fat free chocolate, 1% white, fat free strawberry All bread is whole grain	24 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs HIGH SCHOOL (7-12) Dunkin Stick	25 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fruit Loops HIGH SCHOOL (7-12) Chocolate Bread	26 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms HIGH SCHOOL (7-12) Super Bun	27 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cinnamon Toast Crunch Bar HIGH SCHOOL (7-12) Mini Powdered Donuts	28 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart HIGH SCHOOL (7-12) Lemon Bread
	31 ELEMENTARY (K-6) BREAKFAST MEAL KIT Coco Puffs HIGH SCHOOL (7-12) Sweet Roll	February 1 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fruit Loops HIGH SCHOOL (7-12) Lemon Bread	February 2 ELEMENTARY (K-6) BREAKFAST MEAL KIT Lucky Charms HIGH SCHOOL (7-12) Cinnamon Roll	February 3 ELEMENTARY (K-6) BREAKFAST MEAL KIT Cinnamon Toast Crunch Bar HIGH SCHOOL (7-12) Goody Ring	February 4 ELEMENTARY (K-6) BREAKFAST MEAL KIT Fudge Pop Tart HIGH SCHOOL (7-12) Oatmeal Chocolate Chip Benefit Bar
Menu subject to change					

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

Farrell Area Schools K-12 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	
	<p>Every student of Farrell Schools is entitled to breakfast and lunch at no cost!</p> <p>Don't forget to take at least one fruit or veggie with each meal</p> <p>Grades 9-12 may take two fruits</p>	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
		<p>Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other</p> <p>Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices</p>	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
	<p>Milk offered daily: fat free chocolate, 1% white</p> <p>All bread is whole grain</p> <p>Grab & Go Salads offered daily as a meal</p>	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
	<p>Cheez-its Grades 9-12 on 1/3,4,5,6,7 1/10 1/18 1/27 2/4</p> <p>Menu subject to change</p>	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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