

Grades K-12

Weekly Grab & Go Breakfast Menu Cycle

Child Nutrition Program "We Nourish Education"

January 2024

Menu is
Subject to
Change due
to Delivery
Availability
&
Nutrient
Analysis

New Year
Holiday



Thank YOU!
Student Advisory Council
For Menu Suggestions!

Free Breakfast and Lunch for All DPS Students! The Community Eligibility Provision - CEP Allows a free breakfast & free lunch to students while in school

A Student Breakfast consists of
4 Meal Items:

1. Bread/Grain
2. Bread/Grain Alternate
3. Fruit, 100% Fruit Juice
4. Milk (1% or Skim)

Offer Versus Serve - Student Choice:

A **reimbursable** student breakfast meal must consist of -
(Student selecting a **minimum of**)
3 meal items

A balanced student **reimbursable meal requires a 1/2 cup fruit or vegetable** with breakfast

A Student Lunch consists of
5 Meal Components:

1. Meat/ Meat Alternate
2. Bread/Grain
3. Vegetable Choice
4. Fruit Choice
5. Milk (1% or Skim)

Offer Versus Serve - Student Choice:

A **reimbursable** student lunch meal must consist of -
(Student selecting a **minimum of**)
3 meal components.

A balanced student **reimbursable meal requires a 1/2 cup fruit or vegetable** with lunch

Mondays
Grab & Go BREAKFAST
Breakfast Pizza
Fruit, 100% Fruit Juice, Milk

Additional Choices - Offered Daily:
Breakfast Bar, Pastries, Cereal, Yogurt

Tuesdays
Grab & Go BREAKFAST
Cinnamon Roll
Fruit, 100% Fruit Juice, Milk

Additional Choices - Offered Daily:
Breakfast Bar, Pastries, Cereal, Yogurt

Wednesdays
Grab & Go BREAKFAST
Chicken Biscuit
Fruit, 100% Fruit Juice, Milk

Additional Choices - Offered Daily:
Breakfast Bar, Pastries, Cereal, Yogurt

Thursdays
Grab & Go BREAKFAST
Sausage Biscuit
Fruit, 100% Fruit Juice, Milk

Additional Choices - Offered Daily:
Breakfast Bar, Pastries, Cereal, Yogurt

Fridays
Grab & Go BREAKFAST
Muffin
Fruit, 100% Fruit Juice, Milk

Additional Choices - Offered Daily:
Breakfast Bar, Pastries, Cereal, Yogurt

Monday, January 1

January 2 (Teacher Work Day)

January 3 (Teacher Work Day)

Thursday, January 4

Friday, January 5

Monday, January 8

Tuesday, January 9

Wednesday, January 10

Thursday, January 11

Friday, January 12

Manager's
Entrée Choices
& Bread Choice
Turnip Greens, Creamed Potatoes
Baby Carrots
Fruit, Milk

Manager's
Entrée Choices
& Bread Choice
Green Peas
Stir Fry Vegetables
Fruit, Milk
Chef Salad

Manager's
Entrée Choices
& Bread Choice
Marinara Sauce, Steamed Spinach
Garden Salad
Fruit, Milk
Chef Salad

Manager's
Entrée Choices
& Bread Choice
Pinto Beans, Corn
Salsa
Fruit, Milk
Chef Salad

Manager's
Entrée Choices
Bread & Vegetable Choices
Baked Potato
Garden Salad
Fruit, Milk

Monday, January 15

Tuesday, January 16

Wednesday, January 17

Thursday, January 18

Friday, January 19

**Dr. MLK Jr.
Holiday**

Tangerine Chicken
BBQ Meatballs
Dinner Roll, Rice
Green Peas
Stir Fry Vegetables
Fruit, Milk
Chef Salad

Calzone
Cheese Sticks
Marinara Sauce
Steamed Spinach
Garden Salad
Fruit, Milk
Chef Salad

Chicken Tenders
Cheese Quesadilla
Pinto Beans
Corn
Salsa
Fruit, Milk
Chef Salad

Popcorn Chicken
Fish Sticks
Sweet / Baked Potato
Garden Salad
Cole Slaw
Fruit, Milk

Monday, January 22

Tuesday, January 23

Wednesday, January 24

Thursday, January 25

Friday, January 26

Chicken Fillet on Bun
Meatloaf
Dinner Roll
Turnip Greens, Creamed Potatoes
Baby Carrots
Fruit, Milk

Cherry Blossom Chicken
Chicken Nuggets
Dinner Roll, Rice
Green Peas
Stir Fry Vegetables
Fruit, Milk
Chef Salad

Deli Sub
Cheese Sticks
Marinara Sauce
Green Beans
Garden Salad
Fruit, Milk
Chef Salad

Taco Salad
Chicken Fajita
Pinto Beans
Corn, Salsa
Salad Vegetable Toppings
Fruit, Milk
Chef Salad

Manager's
Entrée Choice
Chili Con Carne
Corn Muffin
Sweet / Baked Potato
Garden Salad
Fruit, Milk

Monday, January 29

Tuesday, January 30

Wednesday, January 31

Fish Sticks
Corn Muffin
Hot Dog w/ Chili
Turnip Greens, Baked Beans
Oven Fries, Cole Slaw
Fruit, Milk
Chef Salad

General Tso Chicken
Salisbury Steak w/ Gravy
Dinner Roll, Rice
Green Peas
Stir Fry Vegetables
Fruit, Milk
Chef Salad

Stuffed Pizza Sandwich
Philly Cheese Steak
Marinara Sauce
Oven Fries
Garden Salad
Fruit, Milk
Chef Salad

**Featured
Harvest of the
Month Item:
Sweet Potatoes**



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