

JAMAICA AND EARLY BEGINNINGS BREAKFAST AND LUNCH MENU JANUARY 2017

MENU MAY CHANGE WITHOUT NOTICE/MENU PUEDE CAMBIAR SIN AVISO PREVIO

Variety of Cereal is offered daily as a second breakfast option.

Cold sandwich offered daily as a second lunch option.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Breakfast Waffles Pear Lunch Penne Pasta w/Meatballs Green Peas, Fruit Mix	4 Breakfast Pancake on a Stick Oranges Lunch Baked Potato w/Chili Cucumber, Sliced Peaches	5 Breakfast Ultimate Breakfast Round Fruit Mix Lunch Cheeseburger French Fries, Strawberries	6 Breakfast Fiesta Egg & Cheese Sandwich Banana Lunch Macaroni & Cheese Broccoli, Pears
9 Breakfast Breakfast Burrito Pineapple Tidbits Lunch Chicken Alfredo Roasted Zucchini, Peaches	10 Breakfast Crunch Bar Strawberries Lunch Mexican Haystack Green Beans, Honeydew	11 Breakfast Cheese Omelet Mandarin Oranges Lunch Turkey Sub Cucumber, Cantaloupe	12 Breakfast Peach Muffin Pineapple Tidbits Lunch Roast Turkey w/ Gravy Mashed Potatoes, Blueberries	13 Breakfast Egg & Cheese Muffin Sandwich Pears Lunch Cheese or Pepperoni Pizza Carrots, Pears
16 Martin Luther King Jr. Day No Classes	17 Breakfast Frudal Applesauce Lunch Hot Ham & Cheese Sandwich Baked Beans, Mandarin Oranges	18 Breakfast Bagel w/Cream Cheese Pineapple Tidbits Lunch BBQ Chicken Sweet Potato, Watermelon	19 Breakfast Breakfast Pizza Banana Lunch Empanada Green Beans, Oranges	20 Breakfast Egg & Cheese Breakfast Flatbread Blueberries Lunch Enchiladas Green Peas, Pineapple Tidbits
23 Breakfast Ultimate Breakfast Round Applesauce Lunch Tamale Corn, Watermelon	24 Breakfast Pancake Mandarin Oranges Lunch Lasagna Green Beans, Pears	25 Breakfast Bacon, Egg & Cheese on Toast Apples Lunch Turkey Sub Sandwich Broccoli, Pears	26 Breakfast Bagel-ful Fruit Mix Lunch Orange Chicken Asian steamed vegetables Mandarin Oranges	27 Breakfast Mini Loaf & Assorted Cheese Stick Honeydew Lunch Cheese Ravioli Cauliflower, Cantaloupe
30 Breakfast Ham & Cheese Croissant Banana Lunch Chicken Quesadilla Green beans, Strawberries	31 Breakfast Cinni Minnis Kiwi Lunch Cheese or Pepperoni Pizza Zucchini, Pears			

Looking for work? Come work with us! Apply online <http://aurorak12.org> (starting \$10.80/hr)

USDA is an equal opportunity provider and employer USDA es un proveedor y empleador de igualdad de oportunidades

Daily Breakfast and Lunch Selections: Milk Variety: Skim and 1%. Variety of fresh fruit or 100% fruit juice. A variety of Cereal & bread or protein item are offered daily Variety of fresh, canned, & frozen produce
 Selección diaria de desayunos y almuerzos. Se ofrece una variedad de leche: descremada y con el 1%. Una variedad de fruta fresca o jugo 100% de fruta. Una variedad de cereal y pan o un elemento que contenga proteína, diariamente. Una variedad de productos frescos, enlatados y congelados.

* Contains Pork/Contiene carne de cerdo

