



January

2022

Fruits & Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News...</p> <p>Items Served Daily</p> <p>Apple Orange Banana</p> <p>*All meals must include a fruit or vegetable.</p> <p><small>Menus are subject to change without notice.</small></p>
<p>03</p> <p>Steamed Zucchini</p> <p>Baby Carrots</p> <p>Mixed Fruit</p> <p>Grapes</p>	<p>04</p> <p>Potato Smiles</p> <p>Pepper Strips</p> <p>Diced Pears</p>	<p>05</p> <p>Sweet Potato Fries</p> <p>Fresh Broccoli</p> <p>Diced Peaches</p>	<p>06</p> <p>Black Beans</p> <p>Celery Sticks</p> <p>Applesauce</p>	<p>07</p> <p>Steamed Green Beans</p> <p>Cucumber Slices</p> <p>Blueberries</p> <p>Juice</p>	
<p>10</p> <p>Steamed Corn</p> <p>Fresh Broccoli</p> <p>Mixed Fruit</p> <p>Strawberry Cup</p>	<p>11</p> <p>Steamed Green Beans</p> <p>Red Pepper Strips</p> <p>Diced Pears</p> <p>Fresh Grapes</p>	<p>12</p> <p>Sweet Potatoes</p> <p>Fresh Zucchini</p> <p>Diced Peaches</p> <p>Juice</p>	<p>13</p> <p>Steamed Peas</p> <p>Celery Sticks</p> <p>Applesauce</p> <p>Blueberries</p>	<p>14</p> <p>Steamed Broccoli</p> <p>Cucumber Slices</p> <p>Mixed Berries</p> <p>Juice</p>	
<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>	<p>19</p> <p>Steamed Carrots</p> <p>Fresh Cauliflower</p> <p>Diced Peaches</p> <p>Juice</p>	<p>20</p> <p>Campfire Beans</p> <p>Celery Sticks</p> <p>Applesauce</p> <p>Strawberry Cup</p>	<p>21</p> <p>Steamed Broccoli</p> <p>Cucumber Slices</p> <p>Slushie Cup</p> <p>Juice</p>	
<p>24</p> <p>Crinkle Fries</p> <p>Fresh Broccoli</p> <p>Mixed Fruit</p>	<p>25</p> <p>Steamed Peas</p> <p>Cucumber Slices</p> <p>Diced Pears</p> <p>Juice</p>	<p>26</p> <p>Steamed Carrots</p> <p>Fresh Cauliflower</p> <p>Diced Peaches</p> <p>Juice</p>	<p>27</p> <p>Campfire Beans</p> <p>Celery Sticks</p> <p>Strawberry Cup</p> <p>Juice</p>	<p>28</p> <p>Steamed Broccoli</p> <p>Pepper Strips</p> <p>Mixed Berries</p> <p>Juice</p>	
<p>31</p> <p>Steamed Spinach</p> <p>Fresh Broccoli</p> <p>Mixed Fruit</p> <p>Juice</p>					

Nature Hill Intermediate & Silver Lake Intermediate

Special News...



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