

A selection of fruit & milk available with meals. Check school website uplifteducation.org for additional information and updates

JANUARY 2022

Child Nutrition Program

Breakfast: FREE

Lunch: FREE

Menu Subject To Change

Monday



Breakfast: 10

Breakfast Bar

Lunch:

Grilled Cheese
Sweet Potato Fries

Tuesday

Breakfast: 11

Honey Bun

Lunch:

Rotini W/Marinara Sauce
Garlic Stick,
Steamed Broccoli

Wednesday

Breakfast: 5

Cereal

Lunch:

Veggie Egg Roll,
Broccoli & Roll

Thursday

Breakfast: 6

Breakfast Pizza

Lunch:

Mac & Cheese,
Green Beans

Friday

Breakfast: 7

Donut Holes

Lunch:

Stuffed Breadstick
W/Mozzarella
Garden Salad W/Ranch

Breakfast: 10

Breakfast Bar

Lunch:

Grilled Cheese
Sweet Potato Fries

Breakfast: 11

Honey Bun

Lunch:

Rotini W/Marinara Sauce
Garlic Stick,
Steamed Broccoli

Breakfast: 12

Cereal

Lunch:

Bean & Cheese Burrito,
BBQ Baked Beans

Breakfast: 13

Poptart

Lunch:

Veggie Nugget W/Corn,
Roll, Mashed Potatoes

Breakfast: 14

Cheese Crossiant

Lunch:

Cheese Pizza,
Tomatoes W/Ranch



Breakfast: 18

Cinnamon Roll

Lunch:

Cheese Panini,
Pinto Beans

Breakfast: 19

Oatmeal Bar

Lunch:

Black Bean Burger,
Potato Wedges

Breakfast: 20

Cereal

Lunch:

Buffalo Vegan Chicken,
Carrots & Celery W/Ranch
Roll

Breakfast: 21

Emoji Waffle Sandwich

Lunch:

Veggie Lover's Pizza,
Cucumber W/Ranch

Breakfast: 24

Nutrigrain Bar

Lunch:

Feista Bowl,
Salsa
Breadsticks

Breakfast: 25

Pancakes

Lunch:

Veggie Nuggets,
Carrots & Celery W/Ranch

Breakfast: 26

Cereal

Lunch:

Veggie Nuggets,
Pinto Beans & Roll

Breakfast: 27

Breakfast Bar

Lunch:

Mac & Cheese,
Green Beans

Breakfast: 28

Donut Holes

Lunch:

Stuffed Breadstick
Steamed Corns

Breakfast: 31

Breakfast Bar

Lunch:

Grilled Cheese,
Sweet Potato Fries,

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