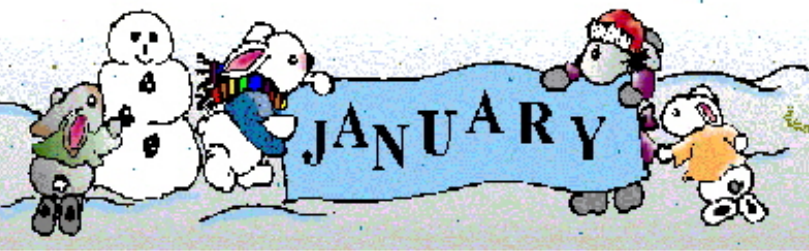


2023



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Cereal Bar Raisins Orange Juice Low Fat Milk-Variety	Dream Waffle Mixed Fruit Cup Apple Juice Low Fat Milk-Variety	UBR Cookie Flavored Craisins Apple Juice Low Fat Milk-Variety	Super Donut Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	Pop Tart Applesauce Cup Orange Juice Low Fat Milk-Variety	Cal 503 T.Fat 8.82 G S.Fat 3.5 G Chol 18.5 Mg Sodm 371.50 Mg Carb 94.46 G

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 School Resumes from Winter Break on Wednesday, January 4, 2023 Welcome back everyone!	3	4 Cheeseburger Minis Peas Broccoli Applesauce Cup Low Fat Milk-Variety	5 Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple Low Fat Milk-Variety	6 Pop Corn chicken Goldfish Sweet Potato Waffle Fries Green Beans Apple Juice Low Fat Milk-Variety	Cal 628 T.Fat 17.48 G S.Fat 5.9 G Chol 49.8 Mg Sodm 1055.52 Mg Carb 91.33 G Fiber 10.0 G
9 Crazy Cheese Bread Marinara Cups Steamed Cauliflower Chilled Mandarin Oranges Low Fat Milk-Variety	10 Bearcat Pizza Bagel Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	11 Sloppy Joe/Bun Corn Carrot Sticks Applesauce Cup Low Fat Milk-Variety	12 Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup Low Fat Milk-Variety	13 Chicken Drumstick Corn Loaf Vegetarian Baked Beans Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	Cal 640 T.Fat 17.39 G S.Fat 6.6 G Chol 52.8 Mg Sodm 1041.08 Mg Carb 95.02 G Fiber 8.1 G

Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a current 2022-2023 application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal.

If you have any questions about the Free and Reduced meal

Ingredients and menu items are subject to change or substitution without notice.


"This Institution is an equal opportunity provider."

January

2023

CENTRAL & GLENDALE
PRIMARY SCHOOLS
GRADES K-2



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
16 NO SCHOOL TODAY! MARTIN LUTHER KING, JR. DAY 	17 Chicken Patty on Bun Green Beans Carrot Sticks Blue-Raspberry Cup Low Fat Milk-Variety	18 Cheese Bites Marinara Cup Cool Cucumber & Tomato w/ Lite Dip Chilled Pears Low Fat Milk-Variety	19 Domino's Pizza Chick Pea Salad Carrot Sticks Applesauce Cup Low Fat Milk-Variety	20 Cheese Quesadilla Garden Salad & Dressing Fresh Banana Low Fat Milk-Variety	Cal 713 T.Fat 19.83 G S.Fat 5.9 G Chol 39.1 Mg Sodm 1144.43 Mg Carb 107.26 G Fiber 9.8 G Prtn 28.91 G
23 Honey BBQ Beef Rib/Bun Potato Smiles Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	24 Chicken Nuggets w/ BBQ Split Top Wheat Roll Corn Vegetarian Baked Beans Chilled Peaches Low Fat Milk-Variety	25 Rotini Pasta w/ Meat Sauce Goldfish Veggie California Blend Chilled Pears Low Fat Milk-Variety	26 Domino's Pizza Red Veg Plate Peas Mixed Fruit Cup Low Fat Milk-Variety	27 Ham and Cheese Stuffer Broccoli Carrot Sticks Applesauce Cup Low Fat Milk-Variety	Cal 663 T.Fat 15.62 G S.Fat 5.3 G Chol 40.4 Mg Sodm 1171.47 Mg Carb 103.21 G Fiber 9.7 G Prtn 31.67 G
30 Cheese Stuffed Breadstick w/ Dip Green Beans Apple Crisps Low Fat Milk-Variety	31 Walking Taco Chick Pea Salad Chilled Peaches Low Fat Milk-Variety	1 FEBRUARY Cheeseburger Minis Peas Broccoli Applesauce Cup Low Fat Milk-Variety	2 Domino's Pizza Broccoli and Dip Carrot Sticks Fresh Apple Low Fat Milk-Variety	3 Pop Corn chicken Goldfish Sweet Potato Waffle Fries Steamed Cauliflower Apple Juice Low Fat Milk-Variety	Cal 628 T.Fat 17.48 G S.Fat 5.9 G Chol 49.8 Mg Sodm 1055.52 Mg Carb 91.33 G Fiber 10.0 G Prtn 30.90 G

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