

January Lunch Menu Garfield Park Academy



We Use Whole Grain Products!

Garfield Park Academy

Education... for a Lifetime



PBJ available everyday/ WG Bread/ 1% Milk

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| January 1st School Closed  New Year's Day | January 2nd Pizza Crunchers filled with cheese & sauce OR Hot dog on a bun OR PBJ Sides: Waffle Fries, Baby carrots w/dip & fresh or canned fruit | January 3rd Big Daddy's Pizza OR Southwest chicken salad OR PBJ Sides: Pasta fagioli soup, celery sticks w/dip & fresh or canned fruit | January 4th Chicken Parmesan w/ spaghetti in marinara sauce OR Sloppy Joe on a Hamburger bun OR PBJ Sides: Green beans, broccoli bites w/dip & fresh or canned fruit | January 5th Turkey & Cheese Hoagie OR Chicken Caesar wrap OR PBJ Sides: Lays Chips, Mixed veggie patch w/dip & fresh or canned fruit |
| January 8th Macaroni & cheese OR Buffalo chicken salad w/ bread stick OR PBJ Sides: Green Beans, chickpea salad & fresh or canned fruit | January 9th Spaghetti w/meat sauce & garlic Texas toast OR Chef salad w/egg & cheddar goldfish crackers OR PBJ Sides: Sweet corn, baby carrots w/dip & fresh or canned fruit | January 10th Stuffed crust cheese pizza by the slice OR Ham & cheese hoagie w/lays chips OR PBJ Sides: Curly French Fries, celery w/dip & fresh or canned fruit | January 11th Fish Sticks w/seasoned rice OR Antipasto salad w/garlic Texas toast OR PBJ Sides: Mixed veggie patch, broccoli bites w/dip & fresh or canned fruit | January 12th Italian Hoagie OR Buffalo Chicken Wrap OR PBJ Sides: Fritos Chips, Mixed veggie patch w/dip & fresh or canned fruit |
| January 15th School Closed  Martin L. King Day | January 16th Buffalo Chicken quesadilla OR White Pizza OR PBJ Sides: Shoestring French Fries, glazed carrots & fresh or canned fruit | January 17th Personal Pan Cheese Pizza OR Southwest chicken salad OR PBJ Sides: Peas & carrots, celery sticks w/dip & fresh or canned fruit | January 18th Chicken Tenders w/pasta in Alfredo sauce OR Sloppy Joe on a Hamburger bun OR PBJ Sides: Rainbow veggie medley, Broccoli & bacon salad & fresh or canned fruit | January 19th Ham & Cheese Hoagie OR Chicken salad hoagie OR PBJ Sides: White cheddar popcorn, mixed veggie patch w/dip & fresh or canned fruit |
| January 22nd Garden veggie burger on a Hamburger bun OR French toast sticks w/sausage patty OR PBJ Sides: Seasoned Wedge fries, chocolate pudding & fresh or canned fruit | January 23rd Soft shell beef tacos w/lettuce, cheese, salsa & sour cream OR Chef salad w/egg & cheddar cheese goldfish OR PBJ Sides: Sweet corn, baby carrots w/dip & fresh or canned fruit | January 24th French bread pepperoni pizza by the slice OR Ham & cheese hoagie w/ lays chips OR PBJ Sides: sweet potatoes, blueberry parfait, celery sticks w/dip & fresh or canned fruit | January 25th Chicken & Cheese Quesadilla w/seasoned rice OR Antipasto salad w/garlic Texas toast OR PBJ Sides: Rainbow veggie medley, broccoli bites w/dip & fresh or canned fruit | January 26th American Hoagie OR Egg salad on a torpedo roll OR PBJ Sides: Tiny twist pretzels , mixed veggie patch w/dip & fresh or canned fruit |
| January 29th Grilled cheese sandwich w/ tomato soup OR Buffalo chicken salad w/bread stick OR PBJ Sides: Tator tots w/peppers & onions, beanie cookie & fresh or canned fruit | January 30th Chicken Teriyaki over brown rice OR White Pizza OR PBJ Sides: Steamed broccoli, baby carrots w/dip & fresh or canned fruit | January 31st Big Daddy's Cheese Pizza OR Beef, bean & cheese burrito OR PBJ Sides: Corn, celery sticks w/ dip & Fresh or canned fruit | | |

January Breakfast Menu Garfield Park



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| January 1st <i>School Closed</i> Happy New Year! | January 2nd Apple Fruit Pocket with Fresh or canned fruit Milk | January 3rd Warm Bagel w/cream cheese & assorted jelly cups w/fresh or canned fruit Milk | January 4th Cinnamon or Strawberry Pop tart & mozzarella cheese stick Fresh or canned fruit Milk | January 5th Mini Pancakes w/a syrup dipping cup Fresh or canned fruit Milk |
| January 6th Kellogg's Assorted Cereal bowls w/graham crackers Fresh or canned Fruit Milk | January 7th Apple Fruit Pocket with Fresh or canned fruit Milk | January 8th Warm Bagel w/cream cheese & assorted jelly cups w/fresh or canned fruit Milk | January 9th Cinnamon or Strawberry Pop tart & mozzarella cheese stick Fresh or canned fruit Milk | January 10th Mini Pancakes w/a syrup dipping cup Fresh or canned fruit Milk |
| January 15th Kellogg's Assorted Cereal bowls w/graham crackers Fresh or canned Fruit Milk | January 16th Apple Fruit Pocket with Fresh or canned fruit Milk | January 17th Warm Bagel w/cream cheese & assorted jelly cups w/fresh or canned fruit Milk | January 18th Cinnamon or Strawberry Pop tart & mozzarella cheese stick Fresh or canned fruit Milk | January 19th Mini Pancakes w/a syrup dipping cup Fresh or canned fruit Milk |
| January 20th Kellogg's Assorted Cereal bowls w/graham crackers Fresh or canned Fruit Milk | January 21st Apple Fruit Pocket with Fresh or canned fruit Milk | January 22nd Warm Bagel w/cream cheese & assorted jelly cups w/fresh or canned fruit Milk | January 23rd Cinnamon or Strawberry Pop tart & mozzarella cheese stick Fresh or canned fruit Milk | January 24th Mini Pancakes w/a syrup dipping cup Fresh or canned fruit Milk |
| January 29th Kellogg's Assorted Cereal bowls w/graham crackers Fresh or canned Fruit Milk | January 30th Apple Fruit Pocket with Fresh or canned fruit Milk | January 31st Warm Bagel w/cream cheese & assorted jelly cups w/fresh or canned fruit Milk |  |  |