



JANUARY

CATA LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	TACO Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	Hot Dog 3g on a WG Bun 25g Roasted Potatoes 28g Fruit Cup 22g Cal: 510 Sodium: 649mg Sugar: 67g	Turkey & Cheese SUB in a WG Bun 27g WG Chips + Carrots 19g/4g Banana 27g Cal: 478 Sodium: 765mg Sugar: 23g
15	16	17	18	19
	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	TACO Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	Sloppy Joe's on a WG Bun 28g Fries 20g WG Sweet Treat 22g Apple Slices 18g Cal: 598 Sodium: 845 mg Sugar: 26g	Chix Salad SUB in a WG Bun 27g WG Chips + Carrots 19g/4g Banana 27g Cal: 455 Sodium: 765mg Sugar: 23g
22	23	24	25	26
Chix Drumstick 6g Mixed Vegetables 10g WG Roll 12g Cal: 385 Sodium: 75mg Sugar: 19g	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	TACO Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	Chix Patty 13g on a WG Bun 19g Veg Baked Beans 30g Banana 27g Cal: 579 Sodium: 786mg Sugar: 45g	Turkey & Cheese SUB in a WG Bun 27g WG Chips + Carrots 19g/4g Banana 27g Cal: 478 Sodium: 765mg Sugar: 23g
29	30	31		
	Pizza Day WG Pizza Slice 23g Spinach Salad 4g WG Cookie 18g Apple 18g Cal: 420 Sodium: 530mg Sugar: 31g	TACO Wednesday Chix Burrito 25g Corn & Bean Salad 19g Pears 25g Cal: 461 Sodium: 727mg Sugar: 22g	High schoolers may take (2) 4 oz Fruit cups or (2) of the whole fruit option	Carb grams indicated in ORANGE. Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g
Menus are subject to change due to availability of food or unplanned school closings. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER Contact: Melissa Bryant 614.747.0196				



JANUARY

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
	Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g Cal: 385 Sodium: 100mg Sugar: 56g	WG Nutrigrain Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 350 Sod: 205mg Sugars: 48g	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	Cinn Bagel 42g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
15	16	17	18	19
	Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g Cal: 385 Sodium: 100mg Sugar: 56g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	Grape Jelly Bagel 32g Applesauce 17g Fruit Juice 20g Cal: 478 Sodium: 225mg Sugar: 57g
22	23	24	25	26
Trix Cereal Bowl 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 350 Sod: 205mg Sugars: 48g	Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g Cal: 385 Sodium: 100mg Sugar: 56g	WG Nutrigrain Bar 30g Graham Cracker 11g Applesauce 17g Fruit Juice 20g Cal: 350 Sod: 205mg Sugars: 48g	WG Muffin 30g Applesauce 17g Fruit Juice 20g Cal: 330 Sodium: 270mg Sugar: 54g	Cinn Bagel 42g Applesauce 17g Fruit Juice 20g Cal: 370 Sodium: 200mg Sugar: 47g
29	30	31		
	Cocoa Cherry Cereal Bar 33g Applesauce 17g Fruit Juice 20g Cal: 385 Sodium: 100mg Sugar: 56g	Donut 23g Applesauce 17g Fruit Juice 20g Cal: 290 Sodium: 320mg Sugar: 31mg		Milk offered with each meal: 1% Milk 12g or Fat Free Chocolate 24g. Carb grams indicated in ORANGE.

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