



Mandarin

A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection.

Meal Prices

Breakfast: Free to all
Adult: \$4.59

Lunch: Free to all
Adult: \$5.94

TK – 12 Breakfast Menu January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School
10	11	12	13	14
Concha (Mexican Bread)	Fresh Baked Scone	Sausage & Cheese on English Muffin	Waffles w/syrup	Cereal & nutrition bar
17	18	19	20	21
Martin Luther King Day No School	Concha (Mexican Bread)	Muffin & String Cheese	French Toast Sticks w/syrup	Bagel & Cream Cheese
24	25	26	27	28
Cinnamon Roll	Fresh Baked Scone	Sausage & Cheese on English Muffin	Waffles w/syrup	Cereal & string cheese
31				
French Toast Sticks w/syrup			Cereal & nutrition bar or string cheese available upon request	