




# JANUARY 2023

## College Prep Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>HOLIDAY</i>	3 Breakfast Bar Peaches Juice / Milk	4 Crumb Cake Apple Juice / Milk	5 WG Mini Cinnis Banana Juice / Milk	6 Honey Bun Orange Juice / Milk
9 Breakfast Bar Orange Juice / Milk	10 Crumb Cake Peaches Juice / Milk	11 Mini Bagel w/Cream Cheese Apple Juice / Milk	12 WG Cinnamon Roll Banana Juice / Milk	13 Breakfast Cookie Orange Juice / Milk
16  Martin Luther King Jr. Day	17 Crumb Cake Apple Juice / Milk	18 Breakfast Cookie Orange Juice / Milk	19 Honey Bun Banana Juice / Milk	20 Breakfast Bar Peaches Juice / Milk
23 WG Cinnamon Roll Orange Juice / Milk	24 Breakfast Cookie Apple Juice / Milk	25 Mini Bagel w/Cream Cheese Apple Juice / Milk	26 Breakfast Bar Banana Juice / Milk	27 Crumb Cake Peaches Juice / Milk
30 Breakfast Bar Orange Juice / Milk	31 Honey Bun Apple Juice / Milk	Menus are subject to change without notice. Offer VS Serve		




**Warning:** Our School food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

"This institution is an equal opportunity provider."

Revised 12.13.2022

# JANUARY 2023

## College Prep Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>GWUSD HOLIDAY</i>	3 Chicken Sandwich Orange Carroteenies wDip / Beans Juice / Milk	4 Hot Pocket Banana Celery Sticks wDip Juice / Milk	5 Cheeseburger w/Small bag of Chips Apple Carroteenies wDip Juice / Milk	6 Croissant Turkey Sandwich & Small bag Chips Orange Celery Sticks wDip Juice / Milk
9 Mini Corn Dogs w/ Mac & Cheese Apple Corn / Carroteenies wDip Juice / Milk	10 Chicken Famous Bowl Orange Beans/ Cucumber Slices wDip Juice / Milk	11 Calzone (Chicken Ranch & Cheese) Banana Celery Sticks wDip / Carroteenies Juice / Milk	12 Teriyaki Chicken w/Rice Pilaf Pear Green Beans / Broccoli wDip Juice / Milk	13 Hot Dog w/Tator Tots Apple Carroteenies wDip Juice / Milk
16  Martin Luther King Jr. Day	17 Cheeseburger Orange Beans/ Cucumber Slices wDip Juice / Milk	18 Pizza (Pepp & Cheese) Banana Celery Sticks wDip / Carroteenies Juice / Milk	19 Cali Burrito Strawberry Cup Mixed Veggies / Broccoli wDip Juice / Milk	20 Spaghetti w/Meatsauce & DinnerRoll Apple Carroteenies wDip Juice / Milk
23 Chicken Smackers w/Waffle Fries Apple Green Beans / Carroteenies wDip Juice / Milk	24 Cheese or Chicken Tamale wBeans Orange Corn / Cucumber slices wDip Juice / Milk	25 Calzone (Chicken Ranch & Cheese) Banana Celery Sticks wDip / Carroteenies Juice / Milk	26 Orange Chicken w/Rice Pear Mixed Veggies / Broccoli wDip Juice / Milk	27 <i>No Lunch - Min Day</i>
30 Chicken Sandwich Apple Beans /Carroteenies wDip Juice / Milk	31 Korean BBQ Chicken wRice Orange Green Beans / Cucumber Slices wDip Juice / Milk	Menus are subject to change without notice.  Offer VS Serve		

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