

Menu for January 2021 Grants Pass School District No. 7

All grains served are whole grain-rich. Milk - White 1%, Skim, or Non Fat Chocolate
Vegetables for the week will include—Dark Green, Red/Orange, Beans/Peas, Starchy, and
Additional Vegetables

CRANBERRIES



Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. To learn more visit www.farmtoschool.org.

MENU SUBJECT TO CHANGE

“This institution is an
equal opportunity
provider.”

Monday, Jan. 4	Tuesday, Jan. 5	Wednesday, Jan. 6	Thursday, Jan. 7	Friday, Jan. 8
<p>Breakfast French Toast</p> <p>Lunch Quesadilla or PBJ Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Fruit Muffin</p> <p>Lunch Chicken Nuggets or Deli Sandwich Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Cereal Bar</p> <p>Lunch Saucy Spaghetti or PBJ Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Fruit Frudel</p> <p>Lunch Homemade Soft Burrito or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Cinnamon Bun</p> <p>Lunch Sausage and Pancakes or PBJ Sandwich Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
Monday, Jan. 11	Tuesday, Jan. 12	Wednesday, Jan. 13	Thursday, Jan. 14	Friday, Jan. 15
<p>Breakfast Mini Pancakes</p> <p>Lunch Chicken Sandwich or PBJ Sandwich Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Fruit Bread</p> <p>Lunch Hot Diggity Dog or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Mini Bagels</p> <p>Lunch Cheesy Mac and Cheese or PBJ Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Buttermilk Bar</p> <p>Lunch Roasted Chicken w/Corn Muffin or Deli Sandwich Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Mini Cinnis</p> <p>Lunch Burger or PBJ Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>



PEAR and CRANBERRY CRISP

Ingredients:

½ cup old fashioned rolled oats
 1 tablespoon brown sugar
 2 tablespoons flour
 ¼ teaspoon cinnamon
 2 tablespoons applesauce
 4 cups pears, cubed (about 3 pears)
 1 cup cranberries, fresh or frozen
 1 tablespoon cornstarch

Instructions:

In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce. Combine pears, cranberries and cornstarch in an 8x8 inch baking dish. Sprinkle with oat mixture. Bake uncovered at 400 degrees until juices are bubbling and topping is browned, about 20 minutes. Refrigerate leftovers within 2 hours.

“This institution is an equal opportunity provider.”

<p>Monday, Jan. 18</p> <p>No School No Meal Service</p>	<p>Tuesday, Jan 19</p> <p>Breakfast Fruit Muffin</p> <p>Lunch Chicken Strips or <i>Deli Sandwich</i> Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Jan. 20</p> <p>Breakfast Benefit Bar</p> <p>Lunch Mashed Potatoes w/Chicken Gravy Hawaiian Roll or <i>PBJ Sandwich</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Jan. 21</p> <p>Breakfast Oatmeal Breakfast Round</p> <p>Lunch Tasty Nachos or <i>Deli Sandwich</i> Refried Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Jan. 22</p> <p>Breakfast WG Donut Holes</p> <p>Lunch Corn Dog or <i>PBJ Sandwich</i> Mini Rice Crispy Treat</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
<p>Monday, Jan 25</p> <p>Breakfast Waffles</p> <p>Lunch Chicken Sandwich or <i>PBJ Sandwich</i> Baked Beans</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Jan. 26</p> <p>Breakfast Fruit Bread</p> <p>Lunch Homemade Chili w/Corn Chips or <i>Deli Sandwich</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Jan. 27</p> <p>Breakfast Mini Bagels</p> <p>Lunch Saucy Spaghetti or <i>PBJ Sandwich</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Jan. 28</p> <p>Breakfast Buttermilk Bar</p> <p>Lunch Pizza Calzone or <i>Deli Sandwich</i> Tater Day!</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Jan. 29</p> <p>No School Secondary not contracted Elementary contracted</p>

