

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7 Hard Boiled Egg, Toast Apple, Milk Lunch Mac & Cheese Broccoli Mandarin, Milk	Breakfast 8 Yogurt Parfait, Granola CK Fruit Salad, Milk Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Apple, Milk	Breakfast 9 Oatmeal Cinamon Apple, Milk Lunch Sloppy Joe, Veggie Joes Hamburger Bun, Carrot Stick Orange, Milk	Breakfast 10 Seasonal Baked Good CK Fruit Salad, Milk Lunch Breakfast for Lunch, Sun Butter & J Scrambled Egg, Toast, Potato Mandarin, Milk	Breakfast 11 Scrambled Eggs, Toast Apple, Milk Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Cauliflower Mandarin, Milk
Breakfast 14 Hard Boiled Egg, Toast Apple, Milk Lunch Vegetarian Chili, Cheese Corn Bread, Assorted Vegetables Apple, Milk	Breakfast 15 Yogurt Parfait, Granola Apple, Milk Lunch Nachos with Beans Cheese, Corn Chips, Pinto Bean Mandarin, Milk	Breakfast 16 Seasonal Baked Good CK Fruit Salad, Milk Lunch Korean Beef Bowl, Veggie Bowl Brown Jasmine Rice, Carrot Stick Apple, Milk	Breakfast 17 Cereal Apple, Milk Lunch Honey Orange Chicken, BBQ Tofu Pasta, Broccoli Orange, Milk	Breakfast 18 Scrambled Eggs, Toast CK Fruit Salad, Milk Lunch Cheese Burger, Veggie Burger Hamburger Bun, Potato Orange, Milk
MLK DAY 21	Breakfast 22 Yogurt Parfait, Granola Apple, Milk Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Apple, Milk	Breakfast 23 Oatmeal Cinamon Apple, Milk Lunch Beef Bolognaise Pasta, Marinara Cauliflower Mandarin, Milk	Breakfast 24 Cereal CK Fruit Salad, Milk Lunch BBQ Chicken, BBQ Tofu Butter Pasta, Carrot Stick Orange, Milk	Breakfast 25 Scrambled Eggs, Toast Orange, Milk Lunch Hot Dogs, Veggie Burger Hot Dog Bun, Potato Mandarin, Milk
Breakfast 28 Hard Boiled Egg, Toast Apple, Milk Lunch Grilled Cheese Bread, Salad Apple, Milk	Breakfast 29 Yogurt Parfait, Granola CK Fruit Salad, Milk Lunch Beef Taco Platter, Bean Taco Platter Rice, Pinto Bean Orange, Milk	Breakfast 30 Oatmeal Cinamon Apple, Milk Lunch Beef Mac & Cheese, Mac & Cheese Cauliflower Orange, Milk	Breakfast 31 Seasonal Baked Good CK Fruit Salad, Milk Lunch Lemon Pepper Chicken, Tofu Rice, Broccoli, Mandarin, Milk	Breakfast 1 Scrambled Eggs, Toast Apple, Milk Lunch Pizza Bread Cheese, Bread, Potato Salad Mandarin, Milk



WILLOW CREEK ACADEMY

Meals will be prepared with fresh local organic seasonal sustainable and non gmo ingredients as best we can. Substitutions may occur based on availability of ingredients.

 consciouskitchen
fresh local organic seasonal non-gmo school meals