




January 2024
 20 Days of School
 20 Days for Teachers

| Sun. | Mon. | Tue. | Wed. | Thur. | Fri. | Sat. |
|------|--|--|--|---|---|------|
| | 1 New Year's Day Winter Break BBI Closed | 2 Winter Break BBI Closed | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 MLK Day BBI Closed | 16 Parent Policy Council Information Session 4-5pm BBI Library | 17 HB Parent Workshop 12 – 1pm Zoom | 18 Parent Café 4-5pm BBI Library | 19 Socialization Mommy and Me Yoga 12 – 1pm BBI Library | 20 |
| 21 | 22 Home Based Parent Workshop at Penn Ave 9:30 – 11am | 23 | 24 Mother's in Progress 5-6pm Zoom | 25 | 26 | 27 |
| 28 | 29 | 30 Health Advisory Council 4-5pm BBI Library | 31 Mother's in Progress 5-6pm Zoom | | | |

January 2024

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|----|--|----|---|----|---|----|--|----|
| | | | | WG Kix Cereal 4 oz. Mango fruit cup Milk (Soy, Lactaid, Whole or 1%) | 3 | WG Waffles w/ syrup 4 oz. Peaches fruit cup Milk (Soy, Lactaid, Whole or 1%) | 4 | WG Golden graham cereal ½ cup Fresh strawberry Milk (Soy, Lactaid, Whole or 1%) | 5 |
| WW English muffin w/ jelly 4 oz. Mixed fruit cup Milk (Soy, Lactaid, Whole or 1%) | 8 | WG Honey cheerios cereal ½ cup Fresh mixed berry Milk (Soy, Lactaid, Whole or 1%) | 9 | WG French toast sticks w/ syrup 4oz. Pears fruit cup Milk (Soy, Lactaid, Whole or 1%) | 10 | WG Rice crispy cereal 4 oz. Pineapple fruit cup Milk (Soy, Lactaid, Whole or 1%) | 11 | WG Pancakes w/ syrup Turkey sausage link 4 oz. Peaches fruit cup Milk (Soy, Lactaid, Whole or 1%) | 12 |
| MLK DAY NO SCHOOL | 15 | WG Apple cinnamon cheerios cereal 4 oz. Pear fruit cup Milk (Soy, Lactaid, Whole or 1%) | 16 | WG Swirl French toast w/ syrup ½ cup Fresh Strawberry Milk (Soy, Lactaid, Whole or 1%) | 17 | WG Rice Chex cereal 4 oz. Oranges fruit cup Milk (Soy, Lactaid, Whole or 1%) | 18 | WG Assorted Muffins (Cinnamon, blueberry) 4 oz. Mango peach applesauce Milk (Soy, Lactaid, Whole or 1%) | 19 |
|  | | | | | | | | | |
| WG Multigrain cheerios cereal 4 oz. Pears fruit cup Milk (Soy, Lactaid, Whole or 1%) | 22 | WG Waffles w/ syrup 4oz. Pineapple fruit cup Milk (Soy, Lactaid, Whole or 1%) | 23 | WG Golden grahams cereal 4oz. Tropical fruit cup Milk (Soy, Lactaid, Whole or 1%) | 24 | WW English muffins w/ jelly ½ cup Fresh mango Milk (Soy, Lactaid, Whole or 1%) | 25 | WG Kix cereal ½ cup Fresh Mixed berry Milk (Soy, Lactaid, Whole or 1%) | 26 |
| WG Cheerios cereal 4 oz. Mixed fruit cup Milk (Soy, Lactaid, Whole or 1%) | 29 | WG Pancakes w/ syrup 4 oz. Tropical fruit cup Milk (Soy, Lactaid, Whole or 1%) | 30 | WG Frosted mini wheat cereal 4 oz. Mango fruit cup Milk (Soy, Lactaid, Whole or 1%) | 31 | | | | |

BREAKFAST MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|--|
| LUNCH |  | 2 | 3 | 4 | 5 |
| | | ¼ c Beef (2 oz) and Bean Chili ½ Cornbread (1 oz) ¼ c Collard Greens ½ Banana ¾ c Milk <i>Veg: Bean Chili (3/8 c Pinto Beans)</i> | ¼ c Diced Chicken (2 oz) in Gravy ¼ c Savory Rice Pilaf ¼ c Black Bean salad ¼ c Honeydew ¾ c Milk <i>Veg: 3/8 c Seasoned Black Beans</i> | 3 Turkey Sausage Links (2 oz) w/ Ketchup ½ Cornbread (1 oz) ½ c Spinach Salad w/ Italian 2 Orange Wedges ¾ c Milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i> | 1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c Broccoli w/ Ranch ¼ c Mango ¾ c Milk <i>Veg: Same</i> |
| | 8 | 9 | 10 | 11 | 12 |
| | 4 Beef Meatballs (2 oz) w/ Marinara Sauce ¼ c WG Penne Pasta ½ c Spinach Salad w/ Italian 2 Orange Wedges ¾ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i> | ¼ c Chicken Strips (2 oz) in Teriyaki Sauce ¼ c Brown rice ½ c Tossed Salad w/ Ranch ½ Banana ¾ c Milk <i>Veg: Tofu (3 oz) in Teriyaki sauce</i> | Make your Taco ¼ c Ground Beef (2 oz) Taco Meat 2 Tbsp Shredded Cheddar Cheese ½ c Shredded Lettuce 1 WW Tortilla (1 oz) ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>Veg: ¼ c Vegan Ground Meat (1 oz)</i> | Make your Sandwich ¼ c Chicken Salad 1 WG Bun (1.12 oz) ¼ c Carrots w/ Veggie Dip ¼ c Mango ¾ c Milk <i>Veg: 2 oz Mozzarella Cheese</i> | ½ c Macaroni & Cheese (1.0 oz m/ma; 0.87 oz eq noodles) 1 String Cheese (1 oz) ¼ c Green Beans ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>Veg: Same</i> |
| | 15 | 16 | 17 | 18 | 19 |
|  | Make your Wrap 2 Turkey slices (1 oz) 2 Tbsp Hummus 1 Cheese slice (0.75 oz) 1 WW Tortilla (1 oz) ½ c Spinach Salad w/ Ranch 2 Orange Wedges ¾ c Milk <i>Veg: 2 oz Fresh Mozzarella Cheese</i> | 4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Tossed salad w/ Italian ½ Banana ¾ c Milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i> | Make your Sandwich 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Green Peas ¼ c Mango ¾ c Milk <i>Veg: 1 Black Bean Burger (2.9 oz) w/ BBQ Sauce</i> | Make your Pizza 2 oz Shredded Mozzarella 1 WG Mini Flat Bread (1 oz) ¼ c Hot Marinara Sauce ¼ c Broccoli w/ Italian ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>Veg: Same</i> | |
| 22 | 23 | 24 | 25 | 26 | |
| Make your Fajita ½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 WW Tortilla (1 oz) ¼ c Carrots & Peas ¼ c Cantaloupe ¾ c Milk <i>Veg: Fajita mixture w/ 3/8 c Seasoned Black Beans</i> | Make your Sandwich 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Baked Beans ¼ c Mango ¾ c Milk <i>Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce</i> | ½ c Spanish Rice with Chicken & Peas ¼ c Diced Chicken (2 oz) ¼ c Brown Rice ¼ c Broccoli w/ Ranch ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>Veg: Spanish Rice w/ 3/8 c Black Beans</i> | 4 Beef Meatballs (2 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 Hot Dog WG Bun (2 oz) ½ c Spinach Salad w/ Italian ½ Banana ¾ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i> | ½ c Macaroni & Cheese (1.0 oz m/ma; 0.8 oz eq noodles) 1 String Cheese (1 oz) ¼ c Mixed vegetables ¼ c Honeydew ¾ c Milk <i>Veg: Same</i> | |
| 29 | 30 | 31 | | | |
| 4 Beef Meatballs (2 oz) w/ Marinara sauce ¼ c WG Elbow Macaroni ½ c Spinach Salad w/ Italian ¼ c Apple slices ¾ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i> | 4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ¼ c Mashed Potatoes ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w Ketchup</i> | 1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c Carrots & Peas ¼ c Strawberries ¾ c Milk <i>Veg: Same</i> | | | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------|---|--|---|---|---|
| LUNCH |  | 2 ¼ c Beef (2 oz) and Bean Chili ¼ Cornbread (1 oz) 1/8 c Collard Greens ½ Banana ½ c Milk <i>Veg: Bean Chili (3/8 c Pinto Beans)</i> | 3 ¼ c Diced Chicken (2 oz) in Gravy ¼ c Savory Rice Pilaf 1/8 c Black Bean salad 1/8 c Honeydew ½ c Milk <i>Veg: ¼ c Seasoned Black Beans</i> | 4 3 Turkey Sausage Links (2 oz) w/ Ketchup ½ Cornbread (1 oz) 1/8 c Steamed Spinach 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i> | 5 1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) 1/8 c Cooked Broccoli w/ Ranch 1/8 c Mango ½ c Milk <i>Veg: Same</i> |
| | 8 3 Beef Meatballs (2 oz) w/ Marinara Sauce ¼ c WG Penne Pasta 1/8 c Steamed Spinach 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i> | 9 ¼ c Chicken Strips (2 oz) in Teriyaki Sauce ¼ c Brown rice 1/8 c Cooked Carrots w/ Ranch ½ Banana ½ c Milk <i>Veg: Tofu (3 oz) in Teriyaki sauce</i> | 10 <u>Make your Taco</u> ¼ c Ground Beef (2 oz) Taco Meat 2 Tbsp Shredded Cheddar Cheese ½ c Shredded Lettuce 1 WW Tortilla (1 oz) 1/8 c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ½ c Milk <i>Veg: ¼ c Vegan Ground Meat (1 oz)</i> | 11 <u>Make your Sandwich</u> ¼ c Chicken Salad 1 WG Bun (1.12 oz) 1/8 c Cooked Carrots w/ Veggie Dip 1/8 c Mango ½ c Milk <i>Veg: 2 oz Mozzarella Cheese</i> | 12 ½ c Macaroni & Cheese (1.0 oz m/ma; 0.87 oz eq noodles) 1 String Cheese (1 oz) 1/8 c Green Beans 1/8 c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ½ c Milk <i>Veg: Same</i> |
| | 15  | 16 <u>Make your Wrap</u> 2 Turkey slices (1 oz) 2 Tbsp Hummus 1 Cheese slice (0.75 oz) 1 WW Tortilla (1 oz) 1/8 c Cooked Carrots w/ Ranch 1/8 c Mandarin Orange ½ c Milk <i>Veg: 2 oz Fresh Mozzarella Cheese</i> | 17 2 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) 1/8 c Cooked Cauliflower w/ Italian ½ Banana ½ c Milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i> | 18 <u>Make your Sandwich</u> 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) 1/8 c Green Peas 1/8 c Mango ½ c Milk <i>Veg: 1 Black Bean Burger (2.9 oz) w/ BBQ Sauce</i> | 19 <u>Make your Pizza</u> 2 oz Shredded Mozzarella 1 WG Mini Flat Bread (1 oz) ¼ c Hot Marinara Sauce 1/8 c Cooked Broccoli w/ Italian 1/8 c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ½ c Milk <i>Veg: Same</i> |
| | 22 <u>Make your Falita</u> ½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 WW Tortilla (1 oz) 1/8 c Carrots & Peas 1/8 c Mango ½ c Milk <i>Veg: Fajita mixture w/ 3/8 c Seasoned Black Beans</i> | 23 <u>Make your Sandwich</u> 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) 1/8 c Baked Beans 1/8 c Mango ½ c Milk <i>Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce</i> | 24 ½ c Spanish Rice with Chicken & Peas ¼ c Diced Chicken (2 oz) ¼ c Brown Rice 1/8 c Cooked Broccoli w/ Ranch 1/8 c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ½ c Milk <i>Veg: Spanish Rice w/ 3/8 c Black Beans</i> | 25 2 Beef Meatballs w/ Marinara sauce 1 pc Parmesan Cheese 1 Hot Dog WG Bun (2 oz) 1/8 c Steamed Spinach ½ Banana ½ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i> | 26 ½ c Macaroni & Cheese (1.0 oz m/ma; 0.8 oz eq noodles) 1 String Cheese (1 oz) 1/8 c Mixed vegetables 1/8 c Honeydew ½ c Milk <i>Veg: Same</i> |
| | 29 3 Beef Meatballs w/ Marinara sauce ¼ c WG Elbow Macaroni 1/8 c Steamed Spinach 1/8 c Applesauce ½ c Milk <i>Veg: 2 Vegan Meatballs w/ Marinara sauce</i> | 30 2 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) 1/8 c Mashed Potatoes 1/8 c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ½ c Milk <i>Veg: 4 Veggie Chik'n Nuggets (3 oz) w Ketchup</i> | 31 1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) 1/8 c Carrots & Peas ¼ c Strawberries ½ c Milk <i>Veg: Same</i> | | |