

**ESCNJ**  
**Breakfast**

January 1 - January 31

## *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>School Closed</b> <b>Winter Recess</b>	2 Fresh Apple W/G Cinnamon Frosted Flakes W/G Vanilla Tiger Bites Milk-8 oz.	3 Mixed Fruit Cup Fruit Punch W/G White Bagel with Cream Cheese Milk- 8oz.	4 Fresh Pear W/G Superdonut Milk-8 oz.	5 Diced Peach Cup Orange Juice W/G Frosted Mini Wheats W/G Cranberry Muffin Milk-8 oz.
8 Fresh Pear Multi Grain Cheerios Cereal Apple Breakfast Bar Milk-8 oz.	9 Applesauce Cup 100% Grape Juice W/G Cinn. Toasters Cereal W/G Graham Crackers Milk-8 oz.	10 Fresh Pear Whole Wheat Bagel with Cream Cheese Milk-8 oz.	11 Fresh Apple W/G Honey Graham Toasters Cereal W/G Strwbrry Waffle Grahams Milk-8 oz.	12 Fresh Orange W/G Strawberry Poptart Milk-8 oz.
15 <b>School Closed</b> <b>Dr. Martin Luther King, Jr. Day</b>	16 Applesauce Cup 100% Fruit Punch W/G Frosted Flakes Cereal W/G Vanilla Bear Grahams Milk-8 oz.	17 Fresh Pear W/G Poffitz Pancakes Milk-8 oz.	18 Peach Applesauce Cup 100% Apple Juice W/G Superdonut Milk-8 oz.	19 Fresh Orange Multi Grain Cheerios Cereal Apple Breakfast Bar Milk-8 oz.
22 Applesauce Cup 100% Grape Juice W/G Fruit Loops Cereal W/G Graham Crackers Milk-8 oz.	23 Fresh Apple W/G Frosted Flakes Cereal W/G Corn Muffin Milk-8 oz.	24 Fresh Orange W/G Croissant with Margarine Milk-8 oz.	25 Fresh Pear W/G Plain Bagel with Cream Cheese Milk-8 oz.	26 Fresh Apple W/G Superdonut Milk-8 oz.
29 Applesauce Cup 100% Grape Juice W/G Strawberry Poptart Milk -8oz.	30 Fresh Orange W/G Honey Scooters Cereal W/G Chocolate Bear Grahams Milk-8 oz.	31 Fresh Pear W/G Croissant with Margarine Milk -8oz.		

This institution is an equal opportunity provider.  
EL USDA es unproveedor y empleador que ofrece igualdad de oportunidades.

January 1 - January 31

**ESCNJ**  
**Lunch**

# *What's Cooking Today?*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>School Closed</b> <b>Winter Recess</b>	2 Cheese Lasagna w/Meat Sauce Sliced Carrots Whole Grain Bread Fruit Milk-8 oz.	3 W/G Chicken Fingers Green Beans Whole Grain Bread Fresh Banana Milk-8 oz.	4 BBQ Beef Riblet on Wheat Hamburger Bun Kidney Beans Fresh Orange Milk-8 oz.	5 W/W 3x5 Cheese Pizza - 2 slices Romaine Salad w/ Dressing Fruit Milk-8 oz.
8 W/W Chicken & Cheese Quesadillas Mixed Vegetables Fresh Apple Milk-8 oz.	9 All Beef Hamburger on a Whole Wheat Bun Red Kidney Beans Fresh Pear Milk-8 oz.	10 Beef Meatloaf w/ Ketchup Roasted Potatoes Wheat Dinner Roll Fresh Banana Milk-8 oz.	11 Turkey and Cheese on a Whole Grain Kaiser Roll Sliced Carrots Fruit Milk-8 oz.	12 Tony's Pizza Romaine Salad w/ Dressing Fruit Milk-8 oz.
15 <b>School Closed</b> <b>Dr. Martin Luther King, Jr. Day</b>	16 Beef Meatballs Parmigiana on W/G Sub Roll Diced Carrots Fresh Apple Milk-8 oz.	17 W/G Popcorn Chicken Seasoned Diced Potatoes Whole Grain Bread Fresh Orange Milk-8 oz.	18 Grilled Chicken Tacos on W/W Flour Tortilla Vegetarian Beans Fresh Banana Milk-8 oz.	19 W/W 3x5 Cheese Pizza - 2 slices Romaine Salad w/ Dressing Fruit Milk-8 oz.
22 Chicken Fingers Black Beans Whole Wheat Dinner Roll Fresh Orange Milk-8 oz.	23 Beef Nachos with Cheddar Cheese Sauce Cold Corn Cup W/G Tortilla Scoops Fruit Milk-8 oz.	24 BBQ Beef Riblet on Wheat Hamburger Bun Seasoned Diced Potatoes Fruit Milk-8 oz.	25 Cheese Lasagna w/Meat Sauce Green Beans Whole Grain Bread Fruit Milk-8 oz.	26 Tony's Pizza Romaine Salad w/ Dressing Fruit Milk-8 oz.
29 Chicken Fingers Corn Whole Grain Bread Fruit Milk-8 oz.	30 All Beef Hamburger on Whole Wheat Bun Black Beans Fresh Pear Milk-8 oz.	31 Chicken Meatballs with Teriyaki Sauce Oriental Mixed Vegetables Wheat Dinner Roll Fresh Apple Milk-8 oz.		

This institution is an equal opportunity provider.  
EL USDA es un proveedor y empleador que ofrece igualdad de oportunidades.