

JANUARY 2021 GRAB + GO MEALS

MONDAY 1/4/21		TUESDAY 1/5/21		WEDNESDAY 1/6/21 + 1/7/21 ALL SITES CLOSED ON THURSDAY		FRIDAY 1/8/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY		
CAL		CAL		CAL		CAL		
BREAKFAST								
Cinnamon Roll^{^WG} 232	Multi Grain Cheerios^{^WG} 100	Bagel^{WG} w/ Cream Cheese[^] 130/70	Cinnamon Chex^{^WG} 230	Raspberry Bar^{^WG} 231	Pancakes^{^WG} 210-220	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WG} 186		
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60		
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120		
LUNCH								
Cheese or Meateater's Pizza^{^~*WG} 236/349	Turkey Ham⁺ + Cheese Sub^{WGIW} 280	Hamburger[~] on Bun^{WG} w/ Baked Fries 429	Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG} 290	Turkey⁺ + Cheese Sandwich^{WGIW} 270	Peanut Butter + Jelly Sandwich^{p WG} 631	Grilled Cheese Sandwich^{^WGIW} 280		
Veggie Juice 40	Roasted Chickpeas 160	Fresh Fruit 30-96	Celery w/ Peanut Butter Cup ^p 3/200	Fresh Fruit 30-96	OR Manager's Choice	OR Manager's Choice		
Applesauce Cup 50	Craisins 110	Milk 90-120	Mixed Fruit 68	Milk 90-120	Dried Fruit Mix 120	Marinara Cup 45		
Milk 90-120	Milk 90-120		Milk 90-120		Milk 90-120	Fruit Sorbet 77		
						Milk 90-120		
SUPPER								
Peanut Butter + Jelly Sandwich^{p WG} 631	Turkey⁺ + Cheese Sandwich^{WGIW} 270	Yogurt[^] + Granola^{WG} 180/220	Turkey Ham⁺ + Cheese Sandwich^{WG IW} 227-280					
OR Cheese Croissant Sandwich^{WG} 330	Salsa Cup 25	Veggie Juice 40	Baby Carrots 35					
Veggie Juice 40	Fruit Sorbet 77	Strawberry Cup 90	Fresh Fruit 30-96					
Dried Fruit Mix 120	Milk 90-120	Milk 90-120	Milk 90-120					
Milk 90-120								
SNACK								
Snack Kit^{WG} 200	Cheese Crackers^{^WG} 100	Cereal Bowl^{WG} 100	Grahams^{^WG} 120					
	Capri Sun Juice 80	Milk 90-120	Milk 90-120					

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^p · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

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JANUARY 2021 GRAB + GO MEALS

MONDAY 1/11/21		TUESDAY 1/12/21		WEDNESDAY 1/13/21 + 1/14/21 ALL SITES CLOSED ON THURSDAY		FRIDAY 1/15/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY		
CAL		CAL		CAL		CAL		
BREAKFAST								
Cinnamon Roll^{^WG} 232	Multi Grain Cheerios^{^WG} 100	Bagel^{WG} w/ Cream Cheese[^] 130/70	Cinnamon Chex^{^WG} 230	Raspberry Bar^{^WG} 231	Pancakes^{^WG} 210-220	Egg + Cheese Wrap^{^WG} 180		
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60		
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120		
LUNCH								
Cheese or Meateater's Pizza^{^~*WG} 236/349	Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} 330/70	Cheese Crunchers^{^WG} w/ Broccoli 440	French Toast Sticks^{WG} w/ Sausage[*] 344	Turkey Ham⁺ + Cheese Sandwich^{WGIW} 227-280	Cheese Cavatappi^{WG^} OR Manager's Choice 428	Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes OR Manager's Choice 379		
Baby Carrots 35	Salsa Cup 25	Fresh Fruit 30-96	Celery w/ Peanut Butter Cup ^p 3/200	Cucumber Slices w/ Ranch	Marinara Cup 45	Strawberry Cup 90		
Applesauce Cup 50	Craisins 110	Milk 90-120	Mixed Fruit 68	Fresh Fruit 30-96	Dried Fruit Mix 120	Milk 90-120		
Milk 90-120	Milk 90-120		Milk 90-120	Milk 90-120	Milk 90-120			
SUPPER								
Peanut Butter + Jelly Sandwich^{p WG} 631	Yogurt[^] + Granola^{WG} 180/220	Turkey⁺ + Cheese Sandwich^{WGIW} 236-270	Twisted Blueberry Sticks^{^WG} OR Cheese Sticks + Pretzel^{^WGIW} 380					
OR Cheese Croissant Sandwich^{WG} 330	Veggie Juice 40	Celery + Grape Tomatoes w/ Ranch 11/55	Veggie Juice 40					
Roasted Chickpeas 160	Blueberry Cup 40	Fresh Fruit 30-96	Fruit Sorbet 77					
Dried Fruit Mix 120	Milk 90-120	Milk 90-120	Milk 90-120					
Milk 90-120								
SNACK								
Snack Kit^{WG} 200	Cheese Crackers^{^WG} 100	Cereal Bowl^{WG} 100	Grahams^{^WG} 120					
	Capri Sun Juice 80	Milk 90-120	Milk 90-120					

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Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^p · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

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JANUARY 2021 GRAB + GO MEALS

MONDAY 1/18/21		TUESDAY 1/19/21		WEDNESDAY 1/20/21 + 1/21/21 ALL SITES CLOSED ON THURSDAY		FRIDAY 1/22/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY		
CAL		CAL		CAL		CAL		
BREAKFAST								
NO SCHOOL	Multi Grain Cheerios^{^WG} 100 Orange Juice 60 Milk 90-120	Bagel^{WG} w/ Cream Cheese[^] 130/70 Orange Juice 60 Milk 90-120	Cinnamon Chex^{^WG} 230 Orange Juice 60 Milk 90-120	Raspberry Bar^{^WG} 231 Orange Juice 60 Milk 90-120	Pancakes^{^WG} 210-220 Orange Juice 60 Milk 90-120	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WG} 186 Orange Juice 60 Milk 90-120		
LUNCH								
NO SCHOOL	Cheese or Meateater's Pizza^{^~*WG} 236/349 Roasted Chickpeas 160 Applesauce Cup 50 Milk 90-120	Chicken Nuggets^{+WG} w/ Corn 318 Craisins 110 Milk 90-120	Turkey Hot Dog⁺ on Bun^{WG} w/ Ranchero Beans 302 Fresh Fruit 30-96 Milk 90-120	Hamburger[~] on Bun^{WG} w/ Baked Fries 429 Baby Carrots 35 Mixed Fruit 68 Milk 90-120	Grilled Cheese Sandwich^{^WGIW} 280 OR Manager's Choice Marinara Cup 40 Strawberry Cup 90 Milk 90-120	Thai Sweet Chili Chicken⁺ w/ Veggie Rice^{WG} 301 Veggie Juice 40 Dried Fruit Mix 120 Milk 90-120		
SUPPER								
NO SCHOOL	Peanut Butter + Jelly Sandwich^{P WG} 631 Veggie Juice 40 Strawberry Cup 90 Milk 90-120	Turkey⁺ + Cheese Sandwich^{WGIW} 236-270 Salsa Cup 25 Fruit Sorbet 77 Milk 90-120	Beef Sausage[~] + Cheese Mini Bagel^{WG} 235 Cheese Stick 59 Baby Carrots 35 Fresh Fruit 30-96 Milk 90-120					
SNACK								
NO SCHOOL	Snack Kit^{WG} 200	Cereal Bowl^{WG} 100 Milk 90-120	Grahams^{^WG} 120 Milk 90-120					

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Menu subject to change due to product supply.

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^{PV} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR
Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

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JANUARY 2021 GRAB + GO MEALS

MONDAY 1/25/21		TUESDAY 1/26/21		WEDNESDAY 1/27/21 + 1/28/21 ALL SITES CLOSED ON THURSDAY		FRIDAY 1/29/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
BREAKFAST							
Cinnamon Roll^{^WG} 232	Multi Grain Cheerios^{^WG} 100	Bagel^{WG} w/ Cream Cheese[^] 130/70	Raspberry Bar^{^WG} 231	NO SCHOOL	Egg + Cheese Wrap^{^WG} 180	Pancakes^{^WG} 210-220	
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60		Orange Juice 60	Orange Juice 60	
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120		Milk 90-120	Milk 90-120	
LUNCH							
Cheese or Meateater's Pizza^{^~*WG} 236/349	Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} 330/70	Taco[~] w/ Corn + Cornbread Bowl^{WG} 379	Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG} 290	NO SCHOOL	Cheese Cavatappi^{WG^} OR Manager's Choice 428	Turkey⁺ + Cheese Sandwich^{WGIW} OR Manager's Choice 270	
Baby Carrots 35	Fresh Fruit 30-96	Mixed Fruit 68	Broccoli w/ Ranch 8/55		Marinara Cup 45	OR Manager's Choice	
Applesauce Cup 50	Milk 90-120	Milk 90-120	Craisins 110		Dried Fruit Mix 120	Hummus Cup 110	
Milk 90-120			Milk 90-120		Milk 90-120	Strawberry Cup 90	Milk 90-120
SUPPER							
Peanut Butter + Jelly Sandwich^{p WG} 631	Hummus Cups[^] w/ Cheese Crackers^{WG} 320	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WG} 186	Twisted Blueberry Sticks^{^WG} OR Cheese Sticks + Pretzel^{^WGIW} 380 / 118/140				
OR Cheese Croissant Sandwich^{WG} 330	Baby Carrots 35	Celery + Grape Tomatoes w/ Ranch 11/55	Celery w/ Ranch 3/55				
Milk 90-120	Fresh Fruit 30-96	Applesauce Cup 50	Fresh Fruit 30-96				
Veggie Juice 40	Milk 90-120	Milk 90-120	Milk 90-120				
Fruit Sorbet 77							
Milk 90-120							
SNACK							
Snack Kit^{WG} 200	Cheese Crackers^{^WG} 100	Cereal Bowl^{WG} 100	Grahams^{^WG} 120				
	Capri Sun Juice 80	Milk 90-120	Milk 90-120				

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ALTERNATES

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