



# JANUARY 2024



All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk. \*Optional breakfast is cereal, crackers, fruit & milk.

Cascade Union Elementary School District

All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit & vegetables

Monday Tuesday Wednesday Thursday Friday

1 2 3 4 5  
**Winter Break- No School**

8  
**NO SCHOOL**

9  
**BREAKFAST:**  
SAUSAGE, EGG & CHEESE BISCUIT  
FRUIT  
**LUNCH:**  
FRENCH TOAST & SAUSAGE  
HASHBROWN  
FRUIT

10  
**BREAKFAST:**  
HOMEMADE MUFFIN  
STRING CHEESE & FRUIT  
**LUNCH:**  
CHICKEN, RICE & BEAN BURRITO  
CARROTS  
FRUIT

11  
**REAKFAST:**  
EGGS & TOAST  
FRUIT  
**LUNCH:**  
MEATLOAF  
SUN CHIPS  
MASHED POTATOES & FRUIT

12  
**BREAKFAST:**  
EGG & CHEESE CROISSANT  
FRUIT  
**LUNCH:**  
CORN DOG  
BAKED BEANS  
FRUIT

15  
**NO SCHOOL**

16  
**BREAKFAST:**  
EGGS & TOAST  
FRUIT  
**LUNCH:**  
CHICKEN QUESADILLA  
REFRIED BEANS, SALSA  
FRUIT

17  
**BREAKFAST:**  
HOMEMADE MUFFIN  
STRING CHEESE & FRUIT  
**LUNCH:**  
EGG MCMUFFIN  
HASHBROWNS  
FRUIT

18  
**REAKFAST:**  
FRUIT & YOGURT PARFAIT  
**LUNCH:**  
LOADED POPCORN CHICKEN BOWL  
CARROTS  
FRESH FRUIT

19  
**BREAKFAST:**  
PANCAKES  
FRUIT  
**LUNCH:**  
PIZZA  
SALAD  
FRUIT

22  
**BREAKFAST:**  
SAUSAGE, EGG & CHEESE BISCUIT  
FRUIT  
**LUNCH:**  
HOMEMADE  
BEAN & CHEESE BURRITO  
CARROTS & FRUIT

23  
**BREAKFAST:**  
BISCUIT & GRAVY  
FRUIT  
**LUNCH:**  
CHILI & CORNBREAD  
POTATO WEDGES  
FRUIT

24  
**BREAKFAST:**  
HOMEMADE MUFFIN  
STRING CHEESE & FRUIT  
**LUNCH:**  
ORANGE CHICKEN & RICE BOWL  
BROCCOLI  
FRUIT

25  
**BREAKFAST:**  
EGGS & TOAST  
FRUIT  
**LUNCH:**  
MAC & CHEESE  
GREEN BEANS  
FRUIT

26  
**BREAKFAST:**  
PANCAKES  
FRUIT  
**LUNCH:**  
CHICKEN PATTY SANDWICH  
VEGGIES & RANCH  
FRUIT, BIRTHDAY TREAT

29  
**BREAKFAST:**  
SAUSAGE, EGG & CHEESE BISCUIT  
FRUIT  
**LUNCH:**  
FRENCH TOAST & SAUSAGE  
HASHBROWN  
FRUIT

30  
**BREAKFAST:**  
BISCUIT & GRAVY  
FRUIT  
**LUNCH:**  
CHICKEN, RICE & BEAN BURRITO  
CARROTS  
FRUIT

31  
**BREAKFAST:**  
HOMEMADE MUFFIN  
STRING CHEESE & FRUIT  
**LUNCH:**  
SPAGHETTI & ROLL  
SALAD  
FRUIT



Menus are subject to change  
This institution is an equal opportunity provider.

Happy Birthday to everyone with a birthday in January!  
Birthday treat comes with hot lunch only.