

JANUARY 2018

NORTH VALLEY ACADEMY

All meals are served with a food bar and your choice of low-fat flavored or white milk.
We use whole grain breads. All foods are baked.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 BAGEL, PLAIN FRESH FRUIT <i>GRILLED CHEESE SANDWICH</i> <i>CHICKEN NOODLE SOUP</i> FRESH VEGETABLES CINNAMON APPLE SLICES	4 PANCAKE WRAP FRESH FRUIT <i>RAVIOLI</i> GREEN BEANS PEARS GARLIC BREAD	5 APPLE FRUDEL FRESH FRUIT <i>PIZZA</i> ITALIAN BLEND MANDARIN ORANGE RICE KRISPIES TREATS
8 PEANUT BUTTER & JELLY FRESH FRUIT <i>CHICKEN ENCHILADAS</i> PINTO BEANS PINEAPPLE CHUNKS CORN BREAD	9 OATMEAL TOAST, 1 SLICE FRESH FRUIT <i>STEAK FINGERS</i> CARROTS PEACHES WHOLE WHEAT ROLL	10 BISCUITS & GRAVY FRESH FRUIT <i>CORNDOG</i> MEXICALI CORN APRICOTS	11 POP TART FRESH FRUIT <i>NACHOS SUPREME</i> MIXED VEGETABLES APPLESAUCE ANIMAL CRACKERS	12 WAFFLES MINI EGGO BITES FRESH FRUIT <i>CHICKEN NUGGETS</i> FRESH FRUIT BROCCOLI
15	16 BREAKFAST COMBO BAR TORTILLA FRESH FRUIT <i>CHILE CHEESE DOG</i> BAKED BEANS MANDARIN ORANGE MUSTARD & KETCHUP	17 BANANA BREAD FRESH FRUIT <i>MEATBALL SUB</i> CARROTS SIDEKICKS	18 BREAKFAST PIZZA FRESH FRUIT <i>CHICKEN FRIED STEAK</i> WHIPPED POTATOES MIXED FRUIT BISCUIT COUNTRY GRAVY	19 CINNI MINIS FRESH FRUIT <i>PIZZA</i> FRESH FRUIT FRESH VEGETABLES
22 COLD CEREAL, VARIETY STRING CHEESE FRESH FRUIT <i>CHEESEBURGER</i> MIXED VEGETABLES APPLESAUCE	23 BREAKFAST BURRITO FRESH FRUIT <i>BEEF TAQUITOS</i> PINTO BEANS PINEAPPLE CHUNKS PICANTE SAUCE	24 ENGLISH MUFFIN SANDWICH EGG SQUARES FRESH FRUIT <i>FRITO PIE</i> CARROTS MIXED FRUIT BREAD STICKS	25 OATMEAL TOAST, 1 SLICE FRESH FRUIT <i>FRENCH TOAST STICKS</i> SAUSAGE PATTIE HASH BROWNS PEACHES	26 NUTRI GRAIN YOGURT FRESH FRUIT <i>CHICKEN NUGGETS</i> BROCCOLI PINEAPPLE CHUNKS WHOLE WHEAT ROLL BROWNIES
29 FRENCH TOAST STICKS SAUSAGE PATTIE FRESH FRUIT <i>BAKED HAM</i> WHIPPED POTATOES STUFFING ORANGES DINNER ROLLS	30 COLD CEREAL TOAST 1 SLICE FRESH FRUIT <i>HOT DOG ON A BUN</i> BROCCOLI PINEAPPLE CHUNKS MUSTARD & KETCHUP	31 ZUCCHINI BREAD FRESH FRUIT <i>FIESTA BURRITO</i> CARROTS HONEYDEW RICE KRISPIES TREATS		

Your cafeteria is managed by
Canteen of Central New