



**Sangre de Cristo SY23
January 2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	4 Components Offered	2 grains, 1 Milk & Fruit or 1 grain, 1 protein, milk & fruit	All trays must have 3 components, 1 component must be 1/2 cup of fruit or fruit/vegetable combination	Cartons of Milk alone .50 Extra carton of milk .50 Juice or yogurt alone .75
Lunch	5 Components Offered	Grain, Milk, Fruit, Vegetable and Protein		
		10	11	12
Breakfast	All student eat breakfast & lunch free during school year 22/23 . You must still pay for extra milk, juice or yogurt.	Breakfast Pizza	Granola & Yogurt/Oatmeal	Dutch Waffle
Lunch		Chicken Gravy & Mashed Potatoes	Nachos	Hamburgers
	16	17	18	19
Breakfast	Bagel & Cheese	Scrambled Eggs - Elementary Breakfast Burritos MS/HS	Muffin & Juice	French Toast
Lunch	Pizza	Ckn Nuggets & Tots	Tacos	BBQ
	23	24	25	26
Breakfast	Biscuits & Gravy	Breakfast Pizza	Granola & Yogurt/Oatmeal	Churro
Lunch	Spaghetti	Baked Potato Bar	Fajitas	Hamburgers
	30	31	1	2
Breakfast	Bagel & Cheese	Scrambled Eggs - Elementary Breakfast Burritos MS/HS	Muffin & Juice	Pancakes
Lunch	Pizza	Mashed Potatoes & Pork	Chili	Chicken Sandwich
	HELP WANTED			
Breakfast	We need subs. Applications available online			
Lunch	or pick one up in the office. bgrandell@sangreschools.org	MENU SUBJECT TO CHANGE		

Questions or concerns contact
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