### Pre K Counts Menu

**Menus for January 2022**

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, January 4</strong></td>
<td>Milk, fruit Assorted cereal</td>
<td>Pizza slice with toppings Baked chips Carrot sticks with ranch Fruit snacks</td>
</tr>
<tr>
<td><strong>Wednesday, January 5</strong></td>
<td>Juice, fruit Assorted muffins</td>
<td>Cheeseburger on wheat bun Tater tots Lettuce, tomato, pickles Oatmeal cookie</td>
</tr>
<tr>
<td><strong>Thursday, January 6</strong></td>
<td>Milk, fruit Assorted cereal</td>
<td>Chicken quesadilla w/ salsa Seasoned rice Fiesta corn Pudding cup</td>
</tr>
<tr>
<td><strong>Friday, January 7</strong></td>
<td>Juice, fruit Assorted muffins</td>
<td>Pepperoni Stromboli Tomato sauce Garden salad with dressing Apple slices</td>
</tr>
</tbody>
</table>

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Just a few more months of school left to go. Keep climbing. Greet each new day and each new challenge with determination, spirit, and grace. Before you know it, you’ll be at the TOP!
### Purple Carrots?!

It’s true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take “mutant” white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

Learn more at [www.choosemyplate.gov](http://www.choosemyplate.gov) or [http://kidshealth.org/kid/stayhealthy/food/pyramid.html](http://kidshealth.org/kid/stayhealthy/food/pyramid.html)

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**Breakfast**
- Milk, fruit
- Assorted cereal

**Lunch**
- Chicken tenders with dip
- Seasoned potato wedges
- Steamed mixed vegetables
- Peaches

School will be closed today in honor of the birthday of Martin Luther King, Jr.

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Toasted cheese sandwich
- Soup of the day w/crackers
- Cucumber salad
- Applesauce with cinnamon

**Breakfast**
- Milk, fruit
- Assorted cereal

**Lunch**
- Hot dog on wheat bun
- Baked chips
- Baked beans
- School cookie

Menu flexibility
- Due to supply chain

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Chicken patty sandwich
- Sun chips
- Lettuce, tomato, pickles
- Peaches

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**Breakfast**
- Milk, fruit
- Assorted cereal

**Lunch**
- Meatball hoagie on roll
- Tomato sauce, cucumbers
- Shredded mozzarella cheese
- Ice cream cup

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Corn dogs with dip
- French fries
- Carrot sticks with ranch
- Sliced apple

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**Breakfast**
- Milk, fruit
- Assorted cereal

**Lunch**
- Boneless chicken drumsticks
- Rice pilaf
- Steamed broccoli
- Mandarin oranges

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Meatball hoagie on roll
- Tomato sauce, cucumbers
- Shredded mozzarella cheese
- Ice cream cup

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**Breakfast**
- Milk, fruit
- Assorted cereal

**Lunch**
- Chicken patty sandwich
- Sun chips
- Lettuce, tomato, pickles
- Peaches

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Chef’s choice entrée
- Chef’s choice side
- Chef’s choice vegetable
- Chef’s choice fruit

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Chef’s choice entrée
- Chef’s choice side
- Chef’s choice vegetable
- Chef’s choice fruit

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Chef’s choice entrée
- Chef’s choice side
- Chef’s choice vegetable
- Chef’s choice fruit

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Chef’s choice entrée
- Chef’s choice side
- Chef’s choice vegetable
- Chef’s choice fruit

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
- Chef’s choice entrée
- Chef’s choice side
- Chef’s choice vegetable
- Chef’s choice fruit

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**Breakfast**
- Juice, fruit
- Assorted muffins

**Lunch**
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- Chef’s choice side
- Chef’s choice vegetable
- Chef’s choice fruit

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This may look like a scene from the North Pole, but believe it or not, this is an image taken in Hawaii just last month! The towering volcanic peaks of the Hawaiian islands are high enough to catch several snow storms a year, some, like this one in December 2021, delivering a foot or more of the white stuff to the highest reaches of our tropical paradise!