

**WELCOME BACK  
TO SCHOOL**

# JANUARY 2021

Elementary School  
Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	 <p><b>Harvest MONTH</b></p> <p><b>Broccoli</b></p> <ul style="list-style-type: none"> <li>-Broccoli can be eaten raw, steamed, boiled or fried.</li> <li>-Broccoli is 89% water.</li> <li>-There are three types of broccoli commonly grown for consumption, -</li> <li>-Calabrese broccoli, sprouting broccoli and purple cauliflower.</li> <li>-Broccoli is a good source of fiber and protein.</li> <li>-In the United States, California produces 90% of the crop.</li> </ul>
 No School	4 Manager's Choice	5 Manager's Choice	6 Manager's Choice	7 Manager's Choice	
8 Cereal Bar	9 Honey Bun	10 Pop Tart	11 Yogurt & Graham Crackers	12 Pancake Bowl	
 No School	13 Donut Clusters	14 Pop Tart	15 Mini Donuts	16 Muffin	
17 Buttermilk Bar	18 Apple Bites	19 Pop Tart	20 Mini Donuts	21 Pancake Bowl	

*Fresh and/ or canned Fruit are available every day.  
A variety choice of white or chocolate milk is offered.*

The USDA and the CDE are Equal opportunity providers and employers.  
Menu is subject to change.