



JANUARY 2022 MENU

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL

OFFER VS. SERVE:

CAFETERIA MUST OFFER ALL 5 MEAL COMPONENTS:

STUDENTS MUST CHOOSE A FRUIT OR VEGETABLE & AT LEAST 2 OTHER COMPONENTS (TOTAL OF 3)
 STUDENTS MAY CHOOSE UP TO ALL 5 COMPONENTS. 9-12 GRADES MAY CHOOSE 2 FRUITS & 2 VEGETABLES
 GRAB AND GO YOGURT AND CHEESESTICK, FRUIT AND WHOLE GRAIN CRACKER AVAILABLE EVERY DAY
 CHICKEN STRIP SALAD & ROMAINE LETTUCE AS A VEGETABLE AVAILABLE EVERY DAY!
 MENU SUBJECT TO CHANGE

Mon	Tue	Wed	Thu	Fri
<p><i>JAN. 3</i></p> <p><i>Hot dog</i> <i>Whole grain bun</i> <i>Baked beans</i> <i>Fruit</i> <i>Fat free choc., 1%</i> <i>milk</i></p>	<p><i>JAN. 4</i></p> <p><i>Taco Tuesday with</i> <i>cheese, salsa, sour</i> <i>cream</i> <i>Whole grain tortillas</i> <i>Black bean and corn</i> <i>salad</i> <i>Fruit</i> <i>Fat free choc., 1%</i> <i>milk</i></p>	<p><i>JAN. 5</i></p> <p><i>Chicken Caesar salad</i> <i>With cheese</i> <i>Whole grain roll</i> <i>Fruit</i> <i>Fat free choc., 1%</i> <i>milk</i></p>	<p><i>JAN. 6</i></p> <p><i>Sloppy Joes</i> <i>Whole grain bun</i> <i>Baked French fries</i> <i>Fruit</i> <i>Fat free choc., 1%</i> <i>milk</i></p>	<p><i>JAN. 7</i></p> <p><i>Fresh roasted turkey</i> <i>and gravy</i> <i>Whole grain roll</i> <i>Mashed potatoes</i> <i>Steamed green beans</i> <i>Cranberry sauce</i> <i>Fat free choc., 1%</i> <i>milk</i></p>
<p><i>JAN. 10</i></p> <p><i>Beef Stroganoff</i> <i>Whole grain roll</i> <i>Egg noodles</i> <i>Steamed carrots</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 11</i></p> <p><i>Deli Day turkey or</i> <i>ham sandwich with</i> <i>cheese</i> <i>Whole grain bread</i> <i>Sunchips</i> <i>3 Bean salad</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 12</i></p> <p><i>Stuffed shells with</i> <i>Marinara sauce</i> <i>Whole grain roll</i> <i>Crisp Romaine salad</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 13</i></p> <p><i>Mac and cheese</i> <i>Whole grain roll</i> <i>Steamed broccoli</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 14</i></p> <p><i>Cheese or pepperoni</i> <i>pizza</i> <i>Whole grain crust</i> <i>Cucumber salad</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>
<p><i>JAN. 17</i></p> <p><i>NO SCHOOL</i> <i>MARTIN LUTHER KING</i> <i>JR. DAY</i></p>	<p><i>JAN. 18</i></p> <p><i>Sweet and sour chick-</i> <i>en lo mein</i> <i>Stir fry vegetables</i> <i>Juicy orange wedges</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 19</i></p> <p><i>Hamb/cheeseburger</i> <i>Whole grain bun</i> <i>Baked French fries</i> <i>Pickles</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 20</i></p> <p><i>Fresh roasted turkey</i> <i>and gravy</i> <i>Homemade biscuit</i> <i>Steamed corn</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 21</i></p> <p><i>Breakfast for lunch</i> <i>Bacon, egg and cheese</i> <i>on croissant</i> <i>Sweet potato fries</i> <i>Applesauce</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>
<p><i>JAN. 24</i></p> <p><i>Chicken Parmesan</i> <i>Whole grain bun</i> <i>Steamed Carrots</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p> <p><i>January 31</i> <i>NO SCHOOL</i></p>	<p><i>JAN. 25</i></p> <p><i>Chicken Alfredo over</i> <i>Pasta</i> <i>Whole grain roll</i> <i>Steamed broccoli</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 26</i></p> <p><i>Taco beef nachos</i> <i>Whole grain tortilla</i> <i>chips with cheese</i> <i>Salsa, sour cream,</i> <i>Black beans</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 27</i></p> <p><i>Baked mozzarella</i> <i>cheese sticks with</i> <i>marinara sauce</i> <i>Whole grain roll</i> <i>Carrots</i> <i>Fruit</i> <i>M-Fat free choc, 1%</i> <i>milk</i></p>	<p><i>JAN. 28</i></p> <p><i>Cheese or pepperoni</i> <i>pizza</i> <i>Whole grain crust</i> <i>Cucumber slices</i> <i>Fruit</i> <i>M-Fat free choc., 1%</i> <i>milk</i></p>