

Mon	Tue	Wed	Thu	Fri
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<b>JANUARY 2022</b> <b>Rippleside Elem.</b> <u>FREE BREAKFAST &amp; LUNCHES WILL CONTINUE</u> <u>FOR THE 2021-22 SCHOOL YEAR</u> <u>EXTRA MILK or JUICE: \$.35</u>				
3	4	5	6	7
FRENCH TOAST STICKS w/SYRUP or CEREAL FRUIT JUICE & MILK ***** CRISPY CHICKEN SANDWICH BAKED BEANS SUNCHIPS & PICKLE FRUIT	CHUNKY MONKEY MUFFIN Or CEREAL FRUIT JUICE & MILK ***** BEEF NACHO BASKET PICO DE GALLO FRUIT	<b>HEALTHY HUMP DAY</b> CHOCOLATE CHIP OATMEAL Or CEREAL FRUIT JUICE & MILK ***** WILD RICE CHICKEN CHOWDER OYSTER CRACKERS HONEY CARROTS FRUIT	SAUSAGE, EGG & CHEESE ON ENGLISH MUFFIN Or CEREAL FRUIT JUICE & MILK ***** HOT DOG TATOR TOTS VEGGIE FRUIT	CARAMEL ROLL or CEREAL FRUIT JUICE & MILK ***** SOFT TACO'S & TOPPING BLACK BEAN SALSA FRUIT
10	11	12	13	14
BELGIAN WAFFLE w/STRAWBERRY SAUCE or CEREAL FRUIT JUICE & MILK ***** CHICKEN ENCHILADAS VEGGIE FRUIT	CHOC. CHIP MUFFIN TOP Or CEREAL FRUIT JUICE & MILK ***** KIM'S CALIFORNIA SKILLET VEGGIE FRUIT	<b>HEALTHY HUMP DAY</b> STRAWBERRY SMOOTHIE HOMEMADE GRANOLA STRING CHEESE Or CEREAL FRUIT JUICE & MILK ***** CHICKEN FAJITA W/TOPPINGS PICO DE GALLO FRUIT	BACON, EGG & CHEESE ON ENGLISH MUFFIN or CEREAL FRUIT JUICE & MILK ***** HAMBURGER GRAVY OVER BISCUIT VEGGIE FRUIT	DONUT or CEREAL FRUIT JUICE & MILK ***** ITALIAN PIZZA CAESAR SALAD BABBY CARROTS & CUCUMBERS w/RANCH FRUIT
17	18	19	20	21
SCRAMBLED EGGS w/CHEESE TURKEY SAUSAGE Or CEREAL FRUIT JUICE & MILK ***** CHEESY BREAD w/MEAT SAUCE BABY CARROTS & CUCUMBERS FRUIT	LEMON STREUSEL BREAD Or CEREAL FRUIT JUICE & MILK ***** CHICKEN TERIYAKI FRIED RICE STIR FRY VEGGIES FRUIT FORTUNE COOKIE	<b>HEALTHY HUMP DAY</b> HARD BOILED EGG YOGURT & STRING CHEESE Or CEREAL FRUIT JUICE & MILK ***** CHICKEN CAESAR SALAD GARLIC BREAD STICKS FRUIT	SAUSAGE, EGG & CHEESE ON ENGLISH MUFFIN or CEREAL FRUIT JUICE & MILK ***** <b>FARM TO SCHOOL</b> MEATLOAF & GRAVY GARLIC MASHED POTATO CORN FRUIT	
24	25	26	27	28
BREAKFAST PIZZA Or CEREAL FRUIT JUICE & MILK ***** CHICKEN NUGGETS w/HAPPY SAUCE MAC & CHEESE VEGGIE FRUIT	 <b>MYSTERY            BREAKFAST &amp;            LUNCH</b>	<b>HEALTHY HUMP DAY</b> WHOLE WHEAT PANCAKES w/MAPLE SYRUP Or CEREAL FRUIT JUICE & MILK ***** CHICKEN NOODLE SOUP OYSTER CRACKERS BABY CARROTS & BROCCOLI w/RANCH DIP FRUIT	BACON, EGG & CHEESE ON ENGLISH MUFFIN or CEREAL FRUIT JUICE & MILK ***** GOULASH GARLIC BREAD VEGGIE FRUIT	CINNAMON ROLL or CEREAL FRUIT JUICE & MILK ***** <b>THEME LUNCH</b> ANDY'S DRIVE-IN 

% OR CHOC MILK OFFERED DAILY FOR BKFT AND LUNCH. LACTOSE MILK OFFERED UPON PARENT REQUEST.  
 CEREAL, JUICE AND FRUIT OFFERED WITH EACH BKFT.

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**  
**THIS IS AN EQUAL OPPORTUNITY PROVIDER**