

JANUARY MENU 2023



THE EARLY COLLEGE OF ARVADA

Chef Mikey Presents My Kid's Lunch A division of Michael's of Denver Catering 303-778-0916

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 NO SCHOOL	3 <i>Apple Berry Crisp Breakfast Bar (L) Dried Fruit</i> Cheese Calzone Marinara Sauce Steamed Peas Fresh Orange Chocolate Chip Crisps 1% Milk	4 <i>Cinnamon Roll Dried Fruit Fruit Cup</i> Chicken Nuggets & Waffles Carrot Bites Sliced Peaches String Cheese WW Crackers	5 <i>Apple Cinnamon Bread Applesauce Cup 100% Juice</i> Grilled Cheese Steamed Corn Cinnamon Apples WW Graham Crackers Yogurt Cup
8 <i>S'mores Breakfast Bar(S) 100% Juice, Whole Apple</i> Meatball Sub Marinara Sauce Steamed Carrots Fruit Cup String Cheese WW Crackers	9 <i>Maple Waffle Dried Apples, Orange</i> Cheese Lasagna Roll Steamed Broccoli Seasonal Fruit Bug Bites Yogurt Cup	10 <i>Vanilla Yogurt Honey Granola, 100% Juice, Sliced Peaches</i> Breakfast Sandwich Hash Browns Fresh Orange Half Popped Popcorn Orange Quarters	11 <i>Oatmeal Round Dried Fruit, Whole Banana</i> Beef Soft Tacos Refried Beans Fresh Apple WW Cheez-Its Celery Sticks	12 <i>Pumpkin Bread String Cheese Applesauce Cup, 100% Juice</i> Chicken Teriyaki Brown Rice Steamed Edamame Cinnamon Apples WW Sweet Crackers Chocolate Milk
15 NO SCHOOL Martin Luther King Jr. Day	16 <i>Strawberry Cinnaboli 100% Juice, Fresh Apple</i> Grilled Hamburger Wheat Bun, Ketchup Fresh Carrots Cinnamon Apples String Cheese WW Crackers	17 <i>Lemon Poppyseed Bread String Cheese 100% Juice, Fruit Cup</i> Korean Beef Brown Rice Steamed Broccoli Fresh Orange WW Goldfish Crackers Celery Sticks	18 <i>S'mores Breakfast Bar(L) Dried Fruit, Fresh Banana</i> Red Chicken Tamales Black Beans Fresh Apple Sunflower Seeds Orange Quarters	19 <i>Banana Bread Vanilla Yogurt, 100% Juice Applesauce Cup</i> Mini Cheese Pizzabolis Marinara Sauce Steamed Corn Seasonal Fruit WW Sweet Crackers 100% Fruit Juice
22 <i>Apple Berry Crisp Breakfast Bar(L), 100% Juice Fresh Apple</i> Seasoned Beef Chili Cornbread Baked Potato Sliced Peaches Lemon Crispy Bites Baby Carrots	23 <i>Cereal Bowl, String Cheese Dried Apples Fresh Orange</i> Macaroni & Cheese BBQ Chicken Steamed Carrots Seasonal Fruit WW Goldfish Crackers 100% Fruit Juice	24 <i>Blueberry Scone 100% Juice, Fresh Banana</i> Bean & Cheese Pupusa Refried Beans Cinnamon Applesauce Chocolate Chip Crisps 1% Milk	25 <i>Cinnamon Roll Dried Fruit, Fruit Cup</i> Chicken Parm Sandwich Fresh Broccoli Fresh Apple String Cheese WW Crackers	26 <i>Apple Cinnamon Bread Applesauce Cup 100% Juice</i> Pancakes, Syrup Sausage Patty Hash Browns Fresh Banana WW Graham Crackers Yogurt Cup
29 <i>S'mores Breakfast Bar(S) 100% Juice Fresh Apple</i> Beef Sloppy Joe Steamed Corn Fruit Cup String Cheese WW Crackers	30 <i>Maple Waffle Dried Apples Fresh Orange</i> Chicken Nuggets Steamed Carrots Seasonal Fruit Bug Bites Yogurt Cup	31 <i>Vanilla Yogurt Honey Granola 100% Juice Sliced Peaches</i> Beef Meat Penne Pasta Steamed Broccoli Cinnamon Applesauce Half Popped Popcorn Orange Quarters	Feb 1 <i>Oatmeal Round Dried Fruit Fresh Banana</i> Chicken Fajitas Black Beans Fresh Orange WW Cheez-Its Celery Sticks	2 <i>Pumpkin Bread String Cheese Applesauce Cup 100% Juice</i> Cheese Breadsticks Mixed Veggies Fresh Banana WW Sweet Crackers Chocolate Milk

****This institution is an equal opportunity provider.***

*****All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.***

******This menu is subject to change based on item availability.***

*******Shelf stable meal kits available upon request.***