

# GARFIELD SCHOOL MENU, January, 2025

## BREAKFAST

<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>Waffles</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Cereal Hot or Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>French Toast</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Martin Luther King, Jr. Holiday NO SCHOOL</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>Pancakes</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Cereal Hot and Cold</b>	<b>Egg Sandwiches</b>	<b>Whole Grain Muffins</b>	<b>Potatoes and Eggs</b>	<b>Waffles</b>

Fresh fruit, yogurt, and milk are offered daily

Cream cheese and nut/seed butters are available as well as egg substitutes

Milk substitute available

**No Cost/Free Meals**

## LUNCH

<b>Pizza</b>	<b>Pasta</b>	<b>Classic</b>	<b>Cultural</b>	<b>Soup/Sandwich</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Pizza –Cheese, Pepperoni, or Sausage</b>	<b>Ricotta Pasta Penne w/Chicken</b>	<b>Cheese Burgers and Fries</b>	<b>Fish Tacos</b>	<b>Chicken Soup with rolls</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Pizza –Cheese, Pepperoni, or Sausage</b>	<b>Spaghetti w/ Beef &amp; Garlic Bread</b>	<b>Roasted Lemon Chicken</b>	<b>Pad Thai</b>	<b>Broccoli Cheddar Soup w/Cheese Sandwiches</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Martin Luther King Jr. Holiday (NO SCHOOL)</b>	<b>Herb Parmesan Pasta w/ Chicken</b>	<b>Baked Potato with Chili</b>	<b>Pork Verdé w/Tortillas</b>	<b>Mexican Chicken Soup Quesadillas</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>Pizza – Cheese, Pepperoni, or Sausage</b>	<b>Macaroni and Cheese</b>	<b>Meatloaf with Mashed Potatoes</b>	<b>Burritos</b>	<b>Lentil soup with Ham &amp; Cheese Sandwiches</b>

Fresh fruit, vegetables, and milk offered daily

Every meal can be ordered vegetarian

All meals can be prepared allergen free

**No Cost/Free Meals**