



\*EQUAL OPPORTUNITY PROVIDER

# JANUARY 2023

## SYCAMORE ELEMENTARY

FULL PAY MEALS = \$2.40  
REDUCED PAY MEALS = \$.40

DEPOSIT ON LINE AT:  
[hopkins.familyportal.cloud](https://hopkins.familyportal.cloud)

Monday

Tuesday

Wednesday

Thursday

Friday

**WINTER  
BREAK**

2

**WINTER  
BREAK**

3

A: PIZZA RIPPERS  
B: CHEF SALAD

4

GLAZED CARROTS  
FRUIT & VEGGIE BAR  
MILK

A: PASTA ALFREDO  
B: PBJ UNCRUSTABLE

5

BROCCOLI  
FRUIT & VEGGIE BAR  
MILK

A: CHICKEN PATTY ON A BUN  
B: NACHOS /CHEESE & SALSA

6

BAKED BEANS  
FRUIT & VEGGIE BAR  
MILK

A: CHICKEN & WAFFLES  
B: WARM PRETZEL & CHEESE

9

BABY CARROTS  
FRUIT & VEGGIE BAR  
MILK

A: WALKING TACO  
B: FRUIT & YOGURT PARFAIT

10

REFRIED BEANS  
FRUIT & VEGGIE BAR  
MILK

A: MOZZARELLA CRISPERS  
B: CHEF SALAD

11

GREEN BEANS  
FRUIT & VEGGIE  
MILK

A: POPCORN CHICKEN WITH  
POTATOES & GRAVY  
B: PBJ UNCRUSTABLE

12

CUCUMBER SLICES  
FRUIT & VEGGIE BAR  
MILK

A: GRILLED CHEESE &  
TOMATO SOUP  
B: NACHOS /CHEESE & SALSA

13

TOSSED SALAD  
FRUIT & VEGGIE BAR  
MILK

**1/2 DAY  
NO LUNCH  
SERVED**

16

A: DUTCH WAFFLE, SAUSAGE  
B: FRUIT & YOGURT PARFAIT

17

TOSSED SALAD  
FRUIT & VEGGIE BAR  
MILK

A: PERSONAL PIZZA  
B: CHEF SALAD

18

GLAZED CARROTS  
FRUIT & VEGGIE BAR  
MILK

A: MACARONI & CHEESE  
B: PBJ UNCRUSTABLE

19

SEASONED CORN  
FRUIT & VEGGIE BAR  
MILK

A: HOT DOG & SMILEY FRIES  
B: NACHOS/ CHEESE & SALSA

20

CUCUMBER COINS  
FRUIT & VEGGIE BAR  
MILK

A: FRENCH TOAST & SAUSAGE  
B: WARM PRETZEL & CHEESE

23

TOSSED SALAD  
FRUIT & VEGGIE BAR  
MILK

A: CHEESE QUESADILLAS  
B: FRUIT & YOGURT PARFAIT

24

FIESTA BLACK BEANS  
FRUIT & VEGGIE BAR  
MILK

A: BOSCO STICKS  
B: CHEF SALAD

25

GLAZED CARROTS  
FRUIT & VEGGIE BAR  
MILK

A: PASTA WITH MEAT SAUCE  
B: PBJ UNCRUSTABLE

26

GREEN BEANS  
FRUIT & VEGGIE BAR  
MILK

A: CHEESEBURGER  
B: NACHOS /CHEESE & SALSA

27

POTATO WEDGES  
FRUIT & VEGGIE BAR  
MILK

A: MINI CORN DOGS  
B: WARM PRETZEL & CHEESE

30

SEASONED CORN  
FRUIT & VEGGIE BAR  
MILK

A: SCRAMBLED EGGS &  
PANCAKE BITES  
B: FRUIT & YOGURT PARFAIT

31

TOSSED SALAD  
FRUIT & VEGGIE BAR  
MILK

**BREAKFAST IS SERVED DAILY AT 7:30 IN THE CAFETERIA!**

A HOT ITEM AND A VARIETY OF COLD ITEMS WILL BE OFFERED DAILY

**BREAKFAST FULL PAY = \$1.50 REDUCED PAY = \$.30**

ALL BREAKFAST INCLUDES, FRUIT, JUICE AND MILK

*\*MENUS SUBJECT TO CHANGE*