



MENU

TREE OF LIFE INTERNATIONAL CHARTER SCHOOL

JANUARY

WINTER BREAK – NO SCHOOL

			01	02
05 NO SCHOOL	BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: ORANGE CHICKEN & RICE STEAMED BROCCOLI FRUIT	06 BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: TURKEY, RICE, & BLACK BEAN BURRITO SALAD BAR FROZEN FRUIT CUP	07 BREAKFAST: EGGS & TOAST FRUIT LUNCH: SPAGHETTI & BREADSTICK SALAD BAR PEAS, FRUIT	08 BREAKFAST: PANCAKES FRUIT LUNCH: PAPA MURPHY'S PIZZA SALAD BAR FRUIT SALAD
12 BREAKFAST: SPICED OATMEAL FRUIT LUNCH: MAC & CHEESE SALAD BAR FRUIT	13 BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: BAKED POTATO BAR DINNER ROLL FRUIT	14 BREAKFAST: HOMEMADE MUFFINS FRUIT LUNCH: ★ PULLED PORK SANDWICH ★ BAKED BEANS COLESLAW, FRUIT	15 BREAKFAST: FRENCH TOAST SQUARE FRUIT LUNCH: EGG McMUFFIN HASHBROWN SALAD BAR, FRUIT	16 BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: HAM AND CHEESE MELT SALAD BAR FRUIT SALAD
19 NO SCHOOL	20 BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: CHICKEN NUGGETS & FRIES SALAD BAR FRUIT	21 BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: MEATLOAF & ROLL MASHED POTATOES SALAD BAR, FRUIT	22 BREAKFAST: EGGS & TOAST FRUIT LUNCH: CHICKEN QUESADILLA REFRIED BEANS SALAD BAR, FRUIT	23 BREAKFAST: PANCAKES FRUIT LUNCH: PAPA MURPHY'S PIZZA SALAD BAR FRUIT SALAD
26 BREAKFAST: SPICED OATMEAL FRUIT LUNCH: ORANGE CHICKEN & RICE SALAD BAR STEAMED BROCCOLI, FRUIT	27 BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: TURKEY, RICE, & BLACK BEAN BURRITO SALAD BAR FROZEN FRUIT CUP	28 BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: SPAGHETTI & BREADSTICK SALAD BAR PEAS, FRUIT	29 BREAKFAST: COOK'S CHOICE LUNCH: COOK'S CHOICE	30 BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: CHICKEN PATTY SANDWICH SALAD BAR FRUIT SALAD, BIRTHDAY TREAT

Menus are subject
to change

This institution is an
equal opportunity
provider.
Student meals
provided at no charge

★ PULLED PORK SANDWICH ON
12/10 MADE BY SEMPER-FI
CATERING! ★

Breakfast: *Optional breakfast is cereal & crackers*

All breakfasts include the following components:
2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk

Lunch: All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit, & vegetables

Happy Birthday to
everyone with a
birthday in January!
Birthday treat
comes with a hot
lunch only.

