



MENU

TREE OF LIFE INTERNATIONAL CHARTER SCHOOL

JANUARY

WINTER BREAK – NO SCHOOL

NO SCHOOL

BREAKFAST:
SPICED OATMEAL
FRUIT
LUNCH:
MAC & CHEESE
SALAD BAR
FRUIT

BREAKFAST:
FRUIT & YOGURT PARFAIT
LUNCH:
ORANGE CHICKEN & RICE
STEAMED BROCCOLI
FRUIT

BREAKFAST:
FRUIT & YOGURT PARFAIT
LUNCH:
BAKED POTATO BAR
DINNER ROLL
FRUIT

BREAKFAST:
FRUIT & YOGURT PARFAIT
LUNCH:
CHICKEN NUGGETS & FRIES
SALAD BAR
FRUIT

NO SCHOOL

BREAKFAST:
SPICED OATMEAL
FRUIT
LUNCH:
ORANGE CHICKEN & RICE
SALAD BAR
STEAMED BROCCOLI, FRUIT

BREAKFAST:
FRUIT & YOGURT PARFAIT
LUNCH:
TURKEY, RICE, & BLACK BEAN BURRITO
SALAD BAR
FROZEN FRUIT CUP

BREAKFAST:
HOMEMADE MUFFIN
FRUIT
LUNCH:
TURKEY, RICE, & BLACK BEAN BURRITO
SALAD BAR
FROZEN FRUIT CUP

BREAKFAST:
HOMEMADE MUFFINS
FRUIT
LUNCH:
★ PULLED PORK SANDWICH ★
BAKED BEANS
COLESLAW, FRUIT

BREAKFAST:
HOMEMADE MUFFIN
FRUIT
LUNCH:
MEATLOAF & ROLL
MASHED POTATOES
SALAD BAR, FRUIT

BREAKFAST:
HOMEMADE MUFFIN
FRUIT
LUNCH:
SPAGHETTI & BREADSTICK
SALAD BAR
PEAS, FRUIT

BREAKFAST:
EGGS & TOAST
FRUIT
LUNCH:
SPAGHETTI & BREADSTICK
SALAD BAR
PEAS, FRUIT

BREAKFAST:
FRENCH TOAST SQUARE
FRUIT
LUNCH:
EGG MCMUFFIN
HASHBROWN
SALAD BAR, FRUIT

BREAKFAST:
EGGS & TOAST
FRUIT
LUNCH:
CHICKEN QUESADILLA
REFRIED BEANS
SALAD BAR, FRUIT

BREAKFAST:
COOK'S CHOICE
LUNCH:
COOK'S CHOICE

BREAKFAST:
PANCAKES
FRUIT
LUNCH:
PAPA MURPHY'S PIZZA
SALAD BAR
FRUIT SALAD

BREAKFAST:
BAGEL & CREAM CHEESE
FRUIT
LUNCH:
HAM AND CHEESE MELT
SALAD BAR
FRUIT SALAD

BREAKFAST:
PANCAKES
FRUIT
LUNCH:
PAPA MURPHY'S PIZZA
SALAD BAR
FRUIT SALAD

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.

