

El Tejon Unified School District

Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 Holiday	Jan - 3 Holiday	Jan - 4 Holiday	Jan - 5 Holiday	Jan - 6 Holiday
Jan - 9 Grilled Cheese Sandwi Oven Baked Potato Ch Fruit Station choice Choice of Milk	Jan - 10 Pepper Jack Enchilada Refried Beans Peach Fruit Cup Taco Sauce Choice of Milk	Jan - 11 Taco Nada Pocket Mex Style Corn Applesauce Taco Sauce Choice of Milk	Jan - 12 Cheeseburger Lettuce and Tomato French Fries Chilled Apricots Ketchup Mustard Mayonnaise Choice of Milk	Jan - 13 Xtreme Bean and Cheese Burrito Vegetable Badger Sala Diced Fruit Peach Cup Taco Sauce Choice of Milk
Jan - 16 Holiday	Jan - 17 Corn Dog Potato Salad Fresh Apple Ketchup Mustard Choice of Milk	Jan - 18 French Toast Pork Sausage Patty Breakfast Potatoes Diced Fruit Pear Cup Choice of Milk	Jan - 19 Spicy Chicken Sandwic Lettuce and Tomato Refried Beans BBQ Sauce Ranch Dressing Mayonnaise Choice of Milk	Jan - 20 BBQ Beef Meatball Sa Vegetable Badger Sala Fruit Station choice Choice of Milk
Jan - 23 Turkey Hot Dog Pinto Beans Shredded Cheddar Ch Oven Baked Potato Ch Fruit Station choice Choice of Milk	Jan - 24 BBQ Pork Rib Sandwic BBQ Sauce Mashed Potatoes Fruit Station choice *Beef Gravy Choice of Milk	Jan - 25 Beef Chimichanga Black Beans Fruit Station choice Taco Sauce Choice of Milk	Jan - 26 Cheeseburger Lettuce and Tomato Crinkle French Fries Ketchup Mustard Mayonnaise Fruit Station choice Choice of Milk	Jan - 27 WG Pretzel and Nacho Broccoli Blueberry & Apple Salad Fresh Watermelon Chu Choice of Milk
Jan - 30 Uncrustable-PB and J Baby Carrots Ranch Dressing Orange Wedges Choice of Milk	Jan - 31 French Bread Pizza Vegetable Badger Sala Fruit Station choice Choice of Milk			

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*