

-2024-

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ALLEN BREAKFAST

16 Days

With a
REFRESHED MIND
and
SHARP PENCIL
we can do
ANYTHING!

1

No School

2

No School

3

No School

4

No School

5

No School

8

No School
Teacher's Institute

9

Cereal
Graham Crackers
Applesauce
Juice and Milk

10

Glazed Donut
String Cheese
Mandarin Oranges
Juice and Milk

11

Waffles w/Syrup
Peaches
Juice and Milk

12

Strawberry
Nutri-Grain Bar
String Cheese
Mixed Fruit
Juice and Milk

15

No School

16

Cereal Bar
String Cheese
Pears
Juices and Milk

17

Cocoa-Puffs Bar
String Cheese
Mixed Fruit
Juice and Milk

18

French Toast
w/Syrup
Peaches
Juice and Milk

19

Pancake Sandwich
Pineapple
Juice and Milk

22

Cereal
Graham Crackers
Peaches
Juice and Milk

23

Mini Cinnamon
Rolls
String Cheese
Pineapple
Juice and Milk

24

Sausage, Egg &
Cheese Burrito
Apple Sauce
Juice and Milk

25

Pancake w/Syrup
Mixed Fruit
Juice and Milk

26

Yogurt
String Cheese
Pears
Juice and Milk

29

Poptart
String Cheese
Applesauce
Juice and Milk

30

Cheese Omelet
Pears
Juice and Milk

31

Strawberry
Nutri-Grain Bar
String Cheese
Mixed Fruit
Juice and Milk

-2024-

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ALLEN LUNCH

16 Days

JANUARY REMINDERS

You can do anything, but **not everything** at the same time

You don't have to figure **everything** out

Restart as many times as needed

Your **inner peace** is too expensive to be sacrificed -- 🧘

Do more of what makes you **forget about time**

OurMindfullife.com

1

No School

2

No School

3

No School

4

No School

5

No School

8

No School
Teacher's Institute

9

Chicken & Cheese
Tacos
Chips and Salsa
Corn
Pineapple

10

Hot Dog on Bun
French Fries
BBQ Baked Beans
Applesauce

11

Spaghetti w/Meat
Sauce
Green Beans
Peaches

12

Cheese Pizza
Peas and Carrots
Mixed Fruit
Cookie

15

No School

16

Cheese Quesadilla
w/Salsa
Side Salad w/Ranch
Pineapple

17

Mini Corn Dogs
Tator Tots
Applesauce
Cookie

18

Pepperoni Calzone
w/Marinara
Green Beans
Peaches

19

Chicken Patty on
Bun
BBQ Baked Beans
Sweet Potato Fries
Pears

22

BBQ Pulled Pork
On Bun
BBQ Baked Beans
Tator Tots
Applesauce

23

Beef & Cheese Taco
Chips & Salsa
Corn
Pineapple

24

Turkey & Cheese
Sub Sandwich
Celery & Carrot
Sticks
Peaches

25

Pasta Bake
w/Cheese
Roasted Broccoli
Pears

26

Popcorn Chicken
French Fries
Mixed Fruit
Cookie

29

Hamburger Helper
Corn
Tator Tots
Pears

30

Cheese Ravioli
w/Marinara
Green Beans
Mixed Fruit

31

Mac and Cheese
Peas & Carrots
Applesauce
Cookie