



**THE COMPASS SCHOOL**  
JANUARY MENU

MONDAY 4-Jan	TUESDAY 5-Jan	WEDNESDAY 6-Jan	THURSDAY 7-Jan	FRIDAY 8-Jan
Virtual Learning Day	Virtual Learning Day	Virtual Learning Day	Virtual Learning Day	Virtual Learning Day
MONDAY 11-Jan	TUESDAY 12-Jan	WEDNESDAY 13-Jan	THURSDAY 14-Jan	FRIDAY 15-Jan
<b>BREAKFAST</b> whole grain cereal whole fruit <b>LUNCH #1</b> Whole grain chicken nuggets salsa potato salad whole grain dinner roll Fresh Fruit	<b>BREAKFAST</b> whole grain bagel topping mandarin oranges <b>LUNCH #1</b> Turkey & bean chili green peppers & onions carrots w/ dip tortilla scoops whole grain dinner roll Fresh Fruit	<b>BREAKFAST</b> whole grain breakfast bun peaches & string cheese <b>LUNCH #1</b> Tuna salad sandwich on a whole grain bulkie roll chopped beets, cucumbers, green peppers grape tomatoes w/ dip Fresh Fruit	<b>BREAKFAST</b> whole grain muffin banana <b>LUNCH #1</b> Sesame chicken lo mein whole grain noodles water chestnuts & green peas broccoli w/ dip Fresh Fruit	<b>BREAKFAST</b> whole grain cereal pineapple <b>LUNCH #1</b> Mexican rice & beef tacos brown Rice & onion & green peppers tortilla scoops southwest beans Fresh Fruit
<b>Lunch #2 - Sandwich of the Week: Turkey in a whole wheat wrap</b> <b>Lunch #3 - Caprese salad Mozzarella &amp; tomatoes on a bed of greens. Fresh fruit &amp; whole grain roll.</b>				
MONDAY 18-Jan	TUESDAY 19-Jan	WEDNESDAY 20-Jan	THURSDAY 21-Jan	FRIDAY 22-Jan
<b>Martin Luther King Day</b> <b>No School</b>	<b>BREAKFAST</b> whole grain muffin peaches <b>LUNCH #1</b> 8 oz flavored yogurt whole grain bagel w/ topping carrots w/ dip celery w/ dip Fresh Fruit	<b>BREAKFAST</b> whole grain cereal pineapples <b>LUNCH #1</b> Pasta fasule beans & whole grain rotini w/ tomato sauce salad w/ spring mix, carrots & tomato Fresh Fruit	<b>BREAKFAST</b> whole grain bagel topping banana <b>LUNCH #1</b> Turkey & cheese sandwich on whole wheat bread cilantro beans zucchini w/ dip Fresh Fruit	<b>BREAKFAST</b> whole grain breakfast bun applesauce & string cheese <b>LUNCH #1</b> Italian cold cut & provolone grinder on a whole grain roll 3-bean salad w/ green & yellow beans kidney beans & grape tomatoes Fresh Fruit
<b>Lunch #2 - Sandwich of the Week: Egg Salad on a Bulkie Roll</b> <b>Lunch #3 - Salad of the Week: Garden salad, with citrus chicken, spring mix, red &amp; green bell peppers, cucumbers, carrots &amp; tomatoes. Served with a whole grain bulkie roll.</b>				
MONDAY 25-Jan	TUESDAY 26-Jan	WEDNESDAY 27-Jan	THURSDAY 28-Jan	FRIDAY 29-Jan
Virtual Learning Day	<b>BREAKFAST</b> whole grain bagel pears <b>LUNCH #1</b> Chicken & shredded cheese taco tomatoes & shredded romaine (on side) potato salad whole wheat wrap Fresh Fruit	<b>BREAKFAST</b> whole grain muffin fruit mix <b>LUNCH #1</b> Chicken, brown rice & veggie stir fry peas & carrots tortilla scoops raspberry beans Fresh Fruit	<b>BREAKFAST</b> whole grain bagel pears <b>LUNCH #1</b> cheese pizza w/ whole grain crust & string cheese broccoli w/ dip red bell peppers w/ dip Fresh Fruit	<b>BREAKFAST</b> whole grain muffin fruit mix <b>LUNCH #1</b> Tuna salad sandwich on a whole grain bulkie roll green bell peppers w/ dip grape tomatoes w/ dip Fresh Fruit
<b>Lunch #2 - Sandwich of the Week: Chicken Salad on a Bulkie Roll</b> <b>Lunch #3 - Salad of the Week: CHEF SALAD with turkey, ham &amp; cheese; romaine &amp; cucumbers, carrots &amp; tomatoes. Served with fresh fruit and a whole grain roll.</b>				

1 Cup 1% Milk served at **LUNCH #1** changes on a daily basis  
 Breakfast and Lunch **LUNCH #2 & LUNCH #3** remain the same throughout the week