



### School Information:



**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

## MONDAY

2

## TUESDAY

3

## WEDNESDAY

4

## THURSDAY

5

## FRIDAY

6

HOT OR COLD CEREAL  
YOGURT CUP  
MUFFINS  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

POTATO BOWL W/EGG,  
HAM, CHEESE AND  
TOAST  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

PANCAKE ON A STICK  
APPLESAUCE CUP  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

BISCUIT AND GRAVY  
HARD BOILED EGGS  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

WAFFLES W/ STRAWBERRY  
SAUSAGE LINK  
BAGEL W/CREAM CHEESE  
FRESH FRUIT AND MILK

9

HOT OR COLD CEREAL  
MUFFINS  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

10

SCRAMBLED EGG W/ BACO  
CHEESE AND TOAST  
HASHBROWN  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

11

FRENCH TOAST  
SAUSAGE LINK  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

12

SALMON HASH W/ TOAST  
HARD BOILED EGGS  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

13

**MARTIN LUTHER KING**  
**NO SCHOOL**

16

HOT OR COLD CEREAL  
BANANA BREAD  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

17

POTATO BOWL W/ EGG,  
SAUSGE, CHEESE AND  
TOAST  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

18

WAFFLE W/ STRAWBERRY  
SAUSAGE LINK  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FREASH FRUIT AND MILK

19

BREAKFAST BURRITO  
POTATO, EGG, CHORIZO AND  
CHEESE  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

20

**TREATY DAY**  
**NO SCHOOL**

23

HOT OR COLD CREAL  
MUFFINS  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

24

SCRAMBLED EGGS W/SPAM  
CHEESE AND TOAST  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

25

PANCAKE ON A STICK  
APPLESAUCE CUP  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

26

**NO SCHOOL**

27

WAFFLES W/ STRAWBERRY  
SAUSAGE LINK  
YOGURTCUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

30

HOT OR COLD CEREAL  
BANANA BREAD  
YOGURT CUP  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

31



# JANUARY 2023

## Lummi Nation School

### LUNCH



#### School Information:



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

#### MONDAY

2

PIZZA OR  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

3

#### WEDNESDAY

4

CHICKEN DRUMSTICKS  
MASHED POTATO W/  
ROLL AND CORN  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

#### THURSDAY

5

SWEET & SOUR  
CHICKEN, BROCCOLI  
RICE AND A ROLL  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

#### FRIDAY

6

HAMBURGER AND CHIPS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT  
CHOCOLATE MILK

CHICKEN ALFREDO  
BREADSTICKS, BROCCOLI  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

9

PIZZA OR  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

10

CHICKEN NUGGET  
POTATO WEDGES W/ ROLL  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

11

CHICKEN NOODLE SOUP  
CHEESE BREAD  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

12

CORNDOG W/ CHIPS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

13

**MARTIN LUTHER KING  
DAY**

16

**NO SCHOOL**

PIZZA OR  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

17

CHICKEN STRIP  
TATER TOTS AND A ROLL  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

18

NACHO OR SOFT TACO  
BEANS AND RICE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

19

CHICKEN BURGER W/ CHIPS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

20

**TREATY DAY**

23

**NO SCHOOL**

PIZZA OR  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

24

POPCORN CHICKEN  
MASHED POTATO, CORN  
AND A ROLL  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

25

TERIYAKI CHICKEN  
RICE AND BROCCOLI  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

26

**NO SCHOOL**

27

SPAGHETTI W/ CORN  
AND A ROLL  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

30

PIZZA OR  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

31

