

JANUARY 2024

Lummi Nation School

BREAKFAST



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

1

Hot or cold cereal
Muffins
Berry parfaits
Bagel's w/cream cheese
Fresh fruit
Milk

2

Potato bowl w/ eggs
cheese. Toast
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

3

Waffles
Strawberry cups
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

4

Fish Hash, Toast
Hard boiled eggs
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

5

French Toast
Sausage link
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

8

Hot or cold cereal
Donuts
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

9

Scrambled eggs w/
ham. Hashbrown. Toast
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

10

Pancakes
Applesauce cup
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

11

Breakfast fried rice w/
spam, Toast
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

12

Waffles, Sausage link
Strawberry cup
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

15

Hot or cold cereal
Banana bread
Berry parfaits
Bagel's w/cream cheese
Fresh fruit
Milk

16

Potato bowl: eggs
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

17

French toast
Caramelized Apples
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

18

Biscuit & Gravy
Hard boiled eggs
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

19

TREATY DAY
NO SCHOOL

22

Hot or cold cereal
Muffins
Berry parfaits
Bagel's w/cream cheese
Fresh fruit
Milk

23

Scrambled eggs w/
cheese, Hashbrown,
Toast
Yogurt cup
Bagel's w/cream cheese
Fresh fruit, Milk

24

Waffles
Strawberry cups
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

25

NO SCHOOL

26

Pancake on a stick
Applesauce cup
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

29

Hot or cold cereal
Donuts
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

30

Potato bowl w/eggs,
cheese. Toast
Yogurt cup
Bagel's w/cream cheese
Fresh fruit
Milk

31



JANUARY 2024

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

1

Pizza
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

2

Chicken Nuggets
Smiley potatoes
Sandwiches
Salad bar
Fresh fruit
Milk

3

Teriyaki Chicken
Rice or noodles
Mixed veggies,
Sandwiches
Salad bar
Fresh fruit, Milk

4

Hot dog w/ chili
Baked potatoes
Sandwiches
Salad bar
Fresh fruit
Milk

5

Chicken alfredo
Broccoli w/ breadsticks
Sandwiches
Salad bar
Fresh fruit
Milk

8

Pizza
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

9

Chicken drumsticks
Mashed potatoes
Squash
Sandwiches
Salad bar
Fresh fruit, Milk

10

Tomato soup
Garlic cheese bread
Sandwiches
Salad bar
Fresh fruit
Milk

11

Hamburgers
Chips
Baked beans
Sandwiches
Salad bar
Fresh fruit, Milk

12

Goulash w/ corn
A roll
Sandwiches
Salad bar
Fresh fruit
Milk

15

Pizza
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

16

Chicken strips
Potato wedges w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

17

Sweet & Sour chicken
Rice
Pot stickers
Sandwiches
Salad bar
Fresh fruit, Milk

18

Corndog w/ chips
Sandwiches
Salad bar
Fresh fruit
Milk

19

TREATY DAY
NO SCHOOL

22

Pizza
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

23

Popcorn chicken
Mashed potatoes
Corn w/ a roll
Sandwiches
Salad bar
Fresh fruit, Milk

24

Nachos or Burrito
Spanish rice, beans
Sandwiches
Salad bar
Fresh fruit
Milk

25

NO SCHOOL

26

Spaghetti w/ corn
A roll
Sandwiches
Salad bar
Fresh fruit
Milk

29

Pizza
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

30

Chicken nuggets
Potato wedges w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

31

