













<u>MONDAY</u>	TUESDAY	WEDNESDAY	THURSDAY	<u>FRIDAY</u>
1 Winter Break No School	2 Winter Break No School	Hot Breakfast will be served from the cafeteria lines on Wednesdays!!!	4 Winter Break No School	5 Winter Break No School
8 Winter Break No School	9 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	Pancakes Pancakes Turkey Patty Hash Brown Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	11 Whole Grain Oatmeal Breakfast Rounds Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	Strawberry Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
No School MLK Jr. Day	16 Whole Grain Donut Holes Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	17 French Toast Turkey Links Hash Brown Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	18 W.G Waffles w/Syrup Just Picked Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	19 Whole Grain Double Chocolate Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
22 W.G. Grain Chocolate Chip Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	23 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	24 Chicken & Cheese Biscuit Sandwich Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	25 Apple Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	26 Whole Grain Confetti Pancakes w/Syrup Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
29 W.G Banana Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	30 Whole Grain Donut Holes Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	31 Turkey Pancake Wrap Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint		



Daily High School Breakfast Choices:

← Daily Specials

~ Assorted Cereals and Bars

> ~ Grab n' Go Specials

Milk Choices:

1% White or Fat Free Chocolate

All Breakfasts include fresh fruit or 100% Juice.

Menu may be subject to change.

















January OUTLOOK. 2024. BREAKFAST

ST THORNTON TO











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<u>FRIDAY</u>	
1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School	
8 Winter Break No School	9 Choice of Cereal Bowl W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	10 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	11 Whole Grain Mini Cinamon French Toast Bites Just Picked Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	12 Apple Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	
No School MLK Jr. Day	16 Flavored Yogurt with W.G. Granola Cheese Stick Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	17 Whole Grain Donut Holes Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	18 W.G Waffles w/Syrup Just Picked Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	19 Whole Grain Double Chocolate Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	
22 W.G. Grain Chocolate Chip Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	23 Choice of Cereal Bars W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	24 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	25 Whole Grain Confetti Pancakes w/Syrup Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	26 Strawberry Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	
29 W.G Banana Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	30 Flavored Yogurt with W.G. Granola Cheese Stick Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	31 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint			



← Daily Specials

~ Assorted Cereals and Bars

~ Grab n' Go Specials

Milk Choices:

1% White or Fat Free Chocolate

All Breakfasts include fresh fruit or 100% Juice.

Menu may be subject to change.

















January PEACE/ECHO. 2024.

BREAKFAST











MONDAY TUESDAY		WEDNESDAY	THURSDAY	<u>FRIDAY</u>
1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School
8 Winter Break No School	9 Choice of Cereal Bowl W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	10 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	Whole Grain Mini Cinamon French Toast Bites Just Picked Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	12 Apple Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
No School MLK Jr. Day	16 Flavored Yogurt with W.G. Granola Cheese Stick Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	17 Whole Grain Donut Holes Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	18 W.G Waffles w/Syrup Just Picked Fresh Fruit or 100% Fruit Juice Ice Cold Milk Pint	19 Whole Grain Double Chocolate Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
22 W.G. Grain Chocolate Chip Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	23 Choice of Cereal Bars W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	24 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	25 Whole Grain Confetti Pancakes w/Syrup Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	26 Strawberry Oatmeal Bar Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint
29 W.G Banana Muffin W.G. Vanilla Cracker Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	30 Flavored Yogurt with W.G. Granola Cheese Stick Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint	31 Whole Grain Super Donut Just Picked Fresh Fruit Or 100% fruit Juice Ice Cold Milk Pint		No School for PEACE on Friday January 19, 2024



← Daily Specials

~ Assorted Cereals and Bars

> ~ Grab n' Go **Specials**

Milk Choices:

1% White or Fat Free Chocolate

All Breakfasts include fresh fruit or 100% Juice.

Menu may be subject to change.















January 2024. LUNCH













MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<u>FRIDAY</u>
1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School
8 Winter Break No School	9 Spaghetti and Meatballs Garlic Bread Oven Roasted Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Build Your Own Burger Choice of Cheese and Condiments Seasoned Fries 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk Pint	Macaroni N Cheese W.G. Dinner Roll Oven Roasted Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	12 Chicken and Waffles Syrup Hash Brown 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk Pint
15 No School MLK Jr. Day	16 BBQ Rib Sandwich Oven Baked Seasoned Fries Just Picked Fresh Fruit Ice Cold Milk Pint	Build Your Own Burger Choice of Cheese and Condiments Seasoned Fries 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk Pint	18 Chicken or Cheese Quesadilla Cilantro Lime Rice Just Picked Fresh Fruit Ice Cold Milk Pint	19 Hot Toasted Italian Sub W.G. Pasta Veggie Salad 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk Pint
Meatball Sub w/Mozzarella Cheese Sauté Seasoned Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	23 Sweet and Sour Chicken W.G. Rice Stir Fry Vegetables 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk Pint	24 Build Your Own Burger Choice of Cheese and Condiments Seasoned Fries 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk Pint	25 Chicken Teriyaki Over W.G. Rice Sauté Season Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Oven Baked Turkey and Ham Hoagie, with Cheese, Choice of Condiments Oven Baked Season Fries 100% Fruit Juice Picked Fresh Fruit Ice Cold Milk Pint
29 Pasta Primavera Garlic Bread Oven Roasted Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	30 Walking Tacos Spanish Rice Refried Beans Just Picked Fresh Fruit Ice Cold Milk Pint	31 Build Your Own Burger Choice of Cheese and Condiments Seasoned Fries 100% Fruit Juice Just Picked Fresh Fruit Ice Cold Milk Pint		



Daily High School Lunch Stations:

- ~Daily Special
- ~Mia Pasta ~ Nachos &
- Tacos ~ Luigi's Pizza
- ~ Luigi s Pizza ~Mmm...Burger
 - ~Regular
 - Chicken
- Sandwiches ~Spicy Chicken
- Sandwiches
- ~Nish Nosh Deli
- ~Grab n' Go Salads

Milk Choices:

1% White or Fat Free Chocolate

All meals include Fresh fruit and Fresh or Steamed Veggies

Menu may be subject to change.

















January OUTLOOK 2024.

LUNCH













MONDAY TUESDAY WEDNESDAY		THURSDAY	<u>FRIDAY</u>	
Winter Break No School Winter Break No School		3 Winter Break No School	4 Winter Break No School	5 Winter Break No School
No School Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Lee Cold Milk Pint Just Picked Fresh Fruit		10 Nacho Supreme W. G. Cilantro Lime Rice 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint	Beef Hot Dog Choice of Condiments Veggie Pasta Salad Just Picked Fresh Fruit Ice Cold Milk Pint	Cheese Pizza Or Pepperoni Pizza Choice of Veggies 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint
No School MLK Jr. Day ML Grispy Chicken Sandwich Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Ice Cold Milk Pint		17 Nacho Supreme W. G. Cilantro Lime Rice 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint	18 Chicken or Cheese Quesadilla Spanish Rice Just Picked Fresh Fruit Ice Cold Milk Pint	Cheese Pizza Or Pepperoni Pizza Choice of Veggies 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint
22 Chicken and Waffles Syrup Hash Brown Just Picked Fresh Fruit Ice Cold Milk Pint	23 Crispy Chicken Sandwich Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Ice Cold Milk Pint	24 Nacho Supreme W. G. Cilantro Lime Rice 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint	25 BBQ Rib Sandwich Roasted Season Broccoli Potato Salad Just Picked Fresh Fruit Ice Cold Milk Pint	26 Cheese Pizza Or Pepperoni Pizza Choice of Veggies 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint
29 Pasta Primavera Garlic Bread Just Picked Fresh Fruit Ice Cold Milk Pint	30 Spicy Crispy Chicken Sandwich Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Ice Cold Milk Pint	31 Nacho Supreme W. G. Cilantro Lime Rice 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint		



~Daily Special

~Grab n' Go Sandwiches

~Grab n' Go Salads

· **Milk Choices:**

1% White or Fat Free Chocolate

All meals include Fresh fruit and Fresh or Steamed Veggies

Menu may be subject to change.



















WEDNESDAY

January PEACE- ECHO 2024.LUNCH

FRIDAY



Daily High
School Lunch
Stations:
~Daily Special

~Grab n' Go Sandwiches

Free Chocolate

All meals include Fresh fruit and Fresh or Steamed Veggies

Menu may be subject to change.











1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School
8 Winter Break No School	9 Crispy Chicken Sandwich Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Ice Cold Milk Pint	10 Nacho Supreme W. G. Cilantro Lime Rice 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint AFL/ EARLY DISMISSAL	Beef Hot Dog	12 Cheese Pizza Or Pepperoni Pizza Choice of Veggies 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint
15 No School MLK Jr. Day	16 Spicy Crispy Chicken Sandwich Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Ice Cold Milk Pint	17 Nacho Supreme W. G. Cilantro Lime Rice 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint	18 Chicken or Cheese Quesadilla Spanish Rice Just Picked Fresh Fruit Ice Cold Milk Pint	Jerk Chicken Wrap Or Chicken Caesar Salad Small bag of potato chips 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint
22 Chicken and Waffles Syrup Hash Brown Just Picked Fresh Fruit Ice Cold Milk Pint	23 Crispy Chicken Sandwich Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Ice Cold Milk Pint	Nacho Supreme	25 BBQ Rib Sandwich Roasted Season Broccoli Potato Salad Just Picked Fresh Fruit Ice Cold Milk Pint	26 Cheese Pizza Or Pepperoni Pizza Choice of Veggies 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint
29 Pasta Primavera Garlic Bread Just Picked Fresh Fruit Ice Cold Milk Pint	30 Spicy Crispy Chicken Sandwich Mashed Potatoes & Gravy Corn Just Picked Fresh Fruit Ice Cold Milk Pint	31 Nacho Supreme W. G. Cilantro Lime Rice 100% Apple Juice Just Picked Fresh Fruit Ice Cold Milk Pint		No School for PEACE on Friday January 19, 2024

In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, nationalorigin, sex, age, and disability.





MONDAY

TUESDAY







THURSDAY



















MONDAY TUESDA		WEDNESDAY	THURSDAY	FRIDAY
1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5 Winter Break No School
8 Winter Break No School	7aco Tuesday Choice of Meat and Toppings Spanish Rice Refried Black Beans	10 Spaghetti and Meatballs Small Salad Oven Roasted Veggies Dinner roll	11 Chicken Bacon Melt Or Veggie Wrap Fries Small Garden Salad	12 BLT Sandwich Or Veggie & Cheese Pizza Italian Pasta Salad Small Bag of Lays Chips
No School MLK Jr. Day	16 Nacho Supreme Choice of Meat and Toppings Spanish Rice Refried Black Beans	17 Stuffed Green Peppers W. Marinara Sauce Rice Pilaf Dinner roll	18 2-Chicago Style Hot Dogs Choice of Condiments Oven Baked Fries	19 Three Cheese Panini Sandwich Homemade Cream of Tomato Basil Soup
22 Hot Garlic Toast Italian Sub with a Garlic Mayo Aioli Pasta Salad Small Bag of Lays Chips	23 Build your own Burrito Bowl Choice of Meat Choice of Toppings Black Beans Cilantro Rice	24 Meatloaf Mashed Potatoes & Gravy Dinner Roll Sauté Green Beans	25 Build Your Own Sub or Salad Choice of Deli Meat & Cheese Condiments Chips	26 Chicken Wing Basket Seasoned Fries Garlic Toast
29 Jerk Chicken Sandwich Seasoned Fries Pasta Salad	30 Taco Bowl Salad Choice of Meat Choice of Toppings Cilantro Lime Rice	31 Oven Baked Chicken Mashed Potatoes & Gravy Sauté Veggies Corn Bread		



<u>Daily Breakfast</u> <u>Options:</u>

- ~ Oatmeal with Assorted Toppings
 - ~ Sausage Links/Patties
- ~ Scrambled Eggs
- ~ Hash Browns
- ~ Assorted Baked Goods
- ~ Pancakes or Waffles
- ~ Coffee & Tea Service

Daily Faculty Lounge Options:

- ~Daily Special
 - ~ Burgers
- ~ Grilled or Breaded Chicken Breast Sandwich
 - ~ Pizza
- ~ French Fries
- ~ Pepsi Products

Soup of the Day:

- ~ Mon: Chicken & Rice
- ~ Tue: Loaded Baked Potato
- ~ Wed: Cream of Broccoli
- ~ Thurs: Chicken Noodle
- ~ Fri: Vegetable Soup

Menu may be subject to change.

















High-Fructose Corn Syrup

Fried Foods Mystery Meats

ALWAYS fresh **NEVER** frozen

4-Star Schod LunchProvider!



January 2024 Snack. Thornton HS.

MONDAY	TUESDAY	WEDNESDAY	<u>THURSDAY</u>	FRIDAY	THORNTON THO
1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5	NHOW TO SOS-COOK COUNTY
8 Winter Break No School	9 W.G Banana Muffin 100% Fruit juice	10 Vanilla Yogurt Cups w/ W.G Granola 100% Fruit Juice	11 Whole Grain Pretzel 100% Fruit Juice	12	This Institution is a equal opportunity provider.
15 No School MLK Jr.	16 Chocolate W.G. Graham Cracker 100% Fruit Juice	ĺ l	18 Vanilla W.G. Graham Cracker 100% Fruit Juice	19	All Snacks include fr fruit or 100% Juice
22 Cheese Stick W.G Cheese Cracker 100% Fruit Juice	23 W.G Banana Muffin 100% Fruit juice	24 Vanilla Yogurt Cups w/ W.G Granola 100% Fruit Juice	25 Whole Grain Pretzel 100% Fruit Juice	26	Menu may be subje
29 Bagel w/Cream Cheese 100% Juice	30 Chocolate W.G. Graham Cracker 100% Fruit Juice	-			to change.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. This institution is an equal opportunity employer.























January 2024 SUPPER. Thornton HS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	<u>FRIDAY</u>	SE THORNTON, THO
1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Winter Break No School	5	AND STATE OF THE PARTY OF THE P
8 Winter Break No School	9 Build your own Sub! Baby Carrots 100% Fruit Juice	10 Yogurt Bar Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker Choice of Cold Veggie	11 Made to Order Chicken Caesar Wrap Choice of Cold Veggies 100% Fruit Juice	12	This Institution is an equal opportunity provider.
No School MLK Jr. Day	16 Build your own Sub! Baby Carrots 100% Fruit Juice	17 <u>Yogurt Bar</u> Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker Choice of Cold Veggie	18 Made to Order Chicken Caesar Wrap Choice of Cold Veggies 100% Fruit Juice	19	<u>Milk Choices:</u> 1% White or Fat Free Chocolate
22 Chicken Patty Sandwich on a W.G Bun Broccoli 100% Fruit Juice	23 Build your own Sub! Baby Carrots 100% Fruit Juice	24 Yogurt Bar Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker Choice of Cold Veggie	25 Made to Order Chicken Caesar Wrap Choice of Cold Veggies 100% Fruit Juice	26	All meals include Fresh fruit and Fresh or Steamed Veggies Menu may be subject to change.
29 Chicken Patty Sandwich on a W.G Bun Broccoli 100% Fruit Juice	30 Build your own Sub! Baby Carrots 100% Fruit Juice	31 Yogurt Bar Vanilla Yogurt Choice of Fruit (Peaches or Strawberries) Graham Cracker Choice of Cold Veggie			io dialige.

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Lunch















