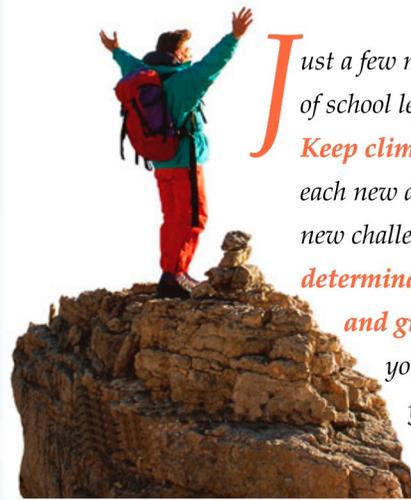


**CNMI Public School System Child Nutrition Program**

# Menus for January 2022

This institution is an equal opportunity provider. Menus are subject to change.



**J**ust a few more months of school left to go. **Keep climbing.** Greet each new day and each new challenge with **determination, spirit, and grace.** Before you know it, you'll be at the **TOP!**

**Monday, January 3**

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Chicken Alfredo w/Spinach  
Garden Salad  
Local Vegetables  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Tuesday, January 4**

Breakfast  
Tropical Storm Fried Rice  
Fruit

Lunch  
Turkey and Gravy  
Dinner Roll  
Mashed Potatoes  
Steamed Carrots  
Fruit

Secondary Second Choice  
Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

**Wednesday, January 5**

Breakfast  
Macaroni & Cheese  
Fruit

Lunch  
Beef & Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Thursday, January 6**

Breakfast  
Fried Rice with  
Chicken Nuggets  
Fruit

Lunch  
Pepperoni Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

Secondary Second Choice  
Hawaiian Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

**Friday, January 7**

Breakfast  
French Toast w/Syrup  
Sausage  
Fruit

Lunch  
Pork Adobo with Peas and Carrots  
Steamed Rice  
Broccoli  
Fruit  
Flavored Milk

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Monday, January 10**

Breakfast  
Assorted Cereal  
Fruit

Lunch  
Chicken Curry with  
Carrots and Potato Chunks  
Steamed Broccoli  
Steamed Rice  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Tuesday, January 11**

Breakfast  
Fried Rice with  
Portuguese Sausage  
Fruit

Lunch  
Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

Secondary Second Choice  
Chicken Burger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Wednesday, January 12**

Breakfast  
Ham & Cheese Roll  
Fruit

Lunch  
Breaded Chicken with Gravy  
Mashed Potatoes  
Dinner Roll  
3 Bean Salad  
Fruit

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

**Thursday, January 13**

Breakfast  
Sausage Patty with  
Garlic Rice  
Fruit

Lunch  
Beef Lasagna  
Garlic Cauliflower & Broccoli  
Corn  
Fruit

Secondary Second Choice  
Tuna Salad Sandwich  
Whole Grain Bun  
Sandwich Sides  
Japanese Salad  
Fruit

**Friday, January 14**

Breakfast  
Pancakes w/Syrup  
Bacon  
Fruit

Lunch  
Breaded Fish w/Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Fruit  
Flavored Milk

Secondary Second Choice  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## We've got your back.

You're back! We hope you and your family enjoyed your holiday, but we're also happy to see you HERE again! As we prepare to face and conquer together whatever fate has in store for us this Winter and Spring, we want you to remember: we've been here for you throughout this tough time, we're here for you now, and we'll be here for you the rest of this school year and beyond. We can't know what is going to happen, but we can (and do) pledge to keep feeding our students at no charge. So don't worry - we've still got your back!

**School Meals**  
*We serve education every day™*

**NUTRITION TO GO**

**You can't always judge sodium content by taste alone. Bread and breakfast cereal often contain as much sodium as potato chips - just look at the nutrition label. And at many fast food joints, the sandwiches actually contain more sodium than the french fries. Go to their web site and check it out!**

**A QUICK BITE FOR PARENTS**

## DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



# Purple Carrots?!



It's true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take "mutant" white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



## Monday, January 17



*School will be closed today in honor of the birthday of Martin Luther King, Jr.*

## Tuesday, January 18

**Breakfast**  
Ground Beef & Vegetable Omelet  
Steamed Rice  
Fruit

**Lunch**  
Chicken Burger  
Potato Wedges  
Broccoli  
Fruit

**Secondary Second Choice**  
Sub Sandwich on WGR Roll  
Honey Onion Dressing  
Vegetable Sticks & Dip  
Fruit

## Wednesday, January 19

**Breakfast**  
Pan de Sal with Egg & Cheese  
Fruit

**Lunch**  
Beef Steak with Green Peas & Onions  
Red Rice  
Broccoli  
Fruit

**Secondary Second Choice**  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Thursday, January 20

**Breakfast**  
Sausage and Egg Scramble  
Steamed Rice  
Fruit

**Lunch**  
Cheese Pizza  
Vegetable Sticks & Dip  
Fruit

**Secondary Second Choice**  
Buffalo Chicken Wrap  
Vegetable Sticks & Dip  
Japanese Salad  
Fruit

## Friday, January 21

**Breakfast**  
French Toast w/Syrup  
Sausage  
Fruit

**Lunch**  
BBQ Chicken  
Red Rice  
Potato Salad  
Corn  
Fruit  
Flavored Milk

**Secondary Second Choice**  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Monday, January 24

**Breakfast**  
Assorted Cereal  
Fruit

**Lunch**  
Oven Fried Chicken  
Red Rice  
Sauteed Spinach  
Corn  
Fruit

**Secondary Second Choice**  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Tuesday, January 25

**Breakfast**  
Sausage Links  
Garlic Fried Rice  
Fruit

**Lunch**  
Marianas BBQ Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Secondary Second Choice**  
5 Alarm Pizza  
Vegetable Sticks & Dip  
Fruit

## Wednesday, January 26

**Breakfast**  
Grilled Cheese Sandwich  
Fruit

**Lunch**  
Beef Bulgogi w/ Bell Peppers  
Bean Sprouts & Onions  
Carrots  
Steamed Rice  
Fruit

**Secondary Second Choice**  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

## Thursday, January 27

**Breakfast**  
Grilled Ham  
Fried Rice  
Fruit

**Lunch**  
Spaghetti Bolognese  
Dinner Roll  
Garlic Spinach  
3 Bean Salad  
Fruit

**Secondary Second Choice**  
Chicken Kelaguen with Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit

## Friday, January 28

**Breakfast**  
Pancakes w/Syrup  
Bacon  
Fruit

**Lunch**  
Breaded Fish w/ Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Fruit  
Flavored Milk

**Secondary Second Choice**  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

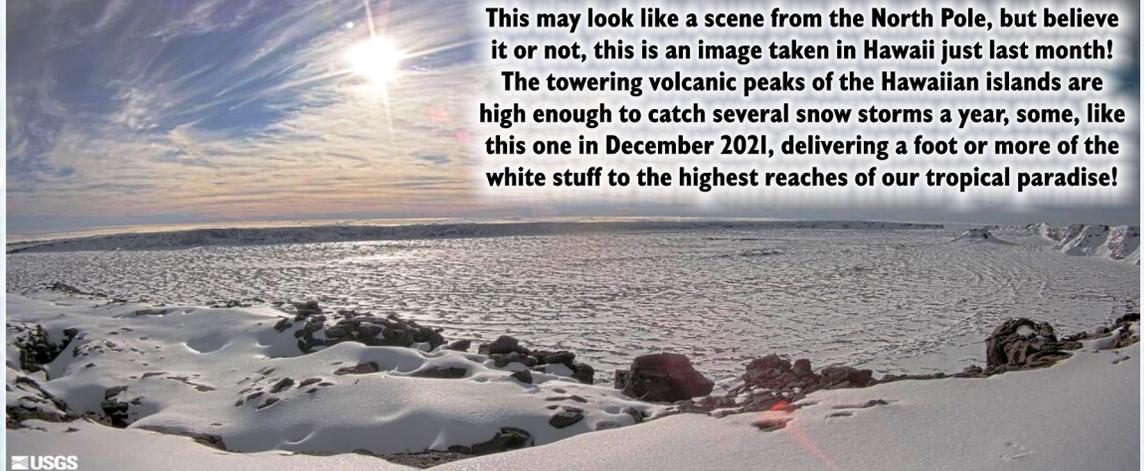
## Monday, January 31

**Breakfast**  
Assorted Cereal  
Fruit

**Lunch**  
Chicken Alfredo w/Spinach  
Garden Salad  
Local Vegetables  
Fruit

**Secondary Second Choice**  
Salad Bar / packed Salad  
Whole Grain Roll or Crackers  
Fruit

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