

6

13

20

WG Rotini

w/ Marinara Sauce

Buttery Green Beans

Cottage Cheese

WG Dinner Roll

Fresh Fruit & Veggie Bar

Cheese Quesadillas

on WG Tortilla

Corn

Refried Beans

Cornbread Salsa

Fresh Fruit & Veggie Bar

NO SCHOOL

January is National Oatmeal Month

Oatmeal is high in fiber which helps with digestion. It also has starches that can help reduce cholesterol and prevent disease. Oatmeal has many vitamins and minerals that support overall health. Oatmeal can be topped with almost anything, be creative - try some oatmeal today!

January Menu Robinson Elementary School

LOCAL FOOD CHAMPION Mount Abraham Unified School District

Doreen Bortz, Manager

We source local ground beef, chicken, maple syrup, eggs, produce, apples, dairy and more!

Milk Comes with every meal

For additional fruits and veggies, our fresh fruit & veggie bar is open every day.

Alternate Meal

Bagel w/ Cream Cheese, Cheese Stick & / or 4 oz Yogurt w/ daily side dishes

Breakfast Menu

MONDAY - WG Baked Good, Juice, Milk TUESDAY - Breakfast Sandwich, Fruit, Milk WEDNESDAY - WG Muffin with Yogurt, Fruit, Milk THURSDAY - WG Mini Pancake Bites, Fruit, Milk FRIDAY - WG Cereal or Oatmeal, Fruit, Milk

Menu subject to change.

MONDAY

TUESDAY WEDNESDAY

THURSDAY

BBQ Chicken Filet or

Baked Tofu

Sandwich on WG Bun

Vegetarian

Baked Beans

Corn

Fresh Fruit & Veggie Bar

FRIDAY

Baked Potato Day Baked Potato w/ Fixins

Broccoli, Ham, Cheddar **WG Biscuit** Fresh Fruit & Veggie Bar

Cheesy Scrambled Eggs WG French Toast Sticks Steamed Broccoli **Hash Browns**

Fresh Fruit & Veggie Bar

16

10 Burger Day Hamburger, Cheeseburger Veggie Burger on WG Bun Roasted Chick Peas **Tender Sweet Peas** Fresh Fruit & Veggie Bar

17

Meatball & Mozzarella or Roasted Veggie Sub on WG Roll **Roasted Carrot Coins** Fresh Fruit & Veggie Bar

Cheesy Beef or Bean **Burrito in WG Tortilla Brown Rice** Salsa Corn Fresh Fruit & Veggie Bar

Cabot Macaroni &

Cheese with WG Elbow

Macaroni

WG Dinner Roll

Buttery Green Beans

Fresh Fruit & Veggie Bar

14

21

15 WG PIZZA Cheese, Pepperoni or Veggie Caesar Salad **Roasted Cauliflower** Fresh Fruit & Veggie Bar

NO SCHOOL

HAPPY NEW YEAR

2025

Grilled Cheese

Sandwich on WG

Bread

Tomato Tortellini

Soup

Baby Carrots and Dip

Fresh Fruit & Veggie Bar

Orange Chicken or or Tofu **Brown Rice** Steamed Broccoli **Edamame Beans**

Fresh Fruit & Veggie Bar

NO SCHOOL

Crispy WG Chicken Tenders or Impossible Nuggets WG Waffle **Baked Beans** Steamed Broccoli

Fresh Fruit & Veggie Bar

23 Shepherd's Pie with Local Beef or Lentil Shepherd's Pie **Mashed Potato** WG Biscuit **Green Beans** Fresh Fruit & Veggie Bar

24 **Turkey & Cheese** Sandwich on WG Bread **Broccoli Cheese Soup Baby Carrots & Dip** Fresh Fruit & Veggie Bar

Lasagna Roll Up WG Dinner Roll **Sweet Potato Wedges** Fresh Fruit & Veggie Bar

Local Beef or Bean **Nachos WG Tortilla Chips Brown Rice** Corn Salsa Fresh Fruit & Veggie Bar

29 WG PIZZA Cheese, Pepperoni or Veggie Caesar Salad Coleslaw Fresh Fruit & Veggie Bar

30 Chicken or Tofu WG Ramen Noodle Bowl Steamed Broccoli **Edamame Beans** Fresh Fruit & Veggie Bar

31 WG Fish Sticks w/ Tartar Sauce **Roasted Potato** Wedges Carrot Sticks & Dip WG Biscuit Fresh Fruit & Veggie Bar

This institution is an equal opportunity provider.