

Monday

Tuesday

Wednesday

Thursday

Friday

Café 233 Milk/Juice Choices

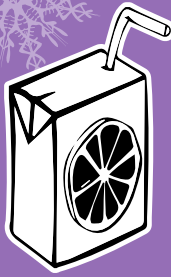
Breakfast choices vary depending on location. **Bolded** breakfast entrees available at **Grab-n-Go Breakfast**. Check with your school for details on menu items and serving times.

Daily Milk Choices:

1% White, Skim Chocolate

Daily 100% Juice Choices:

Apple, Orange



January 4 - A

- A. Cinni Minis
- B. Cocoa Puffs Bar & Yogurt**
- Cinnamon Applesauce Cup
- Milk
- Juice

- A. Hot Dog w/Bun
- Y. Wow Butter Sandwich & String Cheese**
- Fresh Baby Carrots
- Baked Beans
- Peaches

January 5 - B

- A. Sausage Breakfast Pizza
- B. Cinnamon Toast Crunch Pouch & String Cheese**
- Craisins - Cherry
- Milk, Juice

- A. Chicken Tender Bites
- B. Cheese Bosco w/ Marinara**
- Y. Yogurt & Cracker Crisps**
- Romaine Salad
- Corn
- Applesauce
- Pears

January 8 - C

- A. Cereal & String Cheese
- B. Blueberry Muffin**
- Applesauce Cup
- Milk
- Juice

- A. **Mozzarella Cheese Sticks & Marinara**
- B. Breaded Chicken Sandwich**
- Y. Yogurt & Mini Pancakes**
- Romaine & Spinach Salad
- Sunshine Blend Carrots
- Mandarin Oranges
- Chocolate Pudding

January 9 - D

- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun**
- Craisins - Orange
- Milk
- Juice

- A. **Chicken Strips & Roll**
- B. Italian Turkey Sub**
- Y. Wow Butter Sandwich & String Cheese**
- Shredded Lettuce
- Twice Mashed Potatoes
- Grape Tomatoes
- Fruit Cocktail

January 10 - E

- A. Egg & Cheese Slider
- B. Apple Jacks Pouch & String Cheese**
- Apple Slices
- Milk, Juice

- A. **French Toast Sticks & Sausage Links**
- B. Corn Dog**
- Y. Yogurt & Muffin**
- Romaine Salad
- Skillet Potatoes
- Pears
- Peaches

January 11 - A

- A. Mini Pancakes
- B. Cinnamon Toast Crunch Bar & Yogurt**
- Banana
- Milk, Juice

- A. **Cheese Pizza**
- B. Taco Salad**
- Y. Wow Butter Sandwich & String Cheese**
- Shredded Lettuce,
- Diced Tomatoes
- Taco Fiesta Black Beans
- Strawberries & Bananas
- Carnival Cookie

January 12 - B

- A. Dutch Waffle
- B. Golden Graham Pouch & Yogurt**
- Diced Pear Cup
- Milk, Juice

- A. **Hamburger w/Bun**
- B. Lasagna & Breadstick**
- Y. Yogurt & Cracker Crisps**
- Romaine & Spinach Salad
- California Veggies
- Apple Slices
- Orange Wedges

Jan. 15 - Martin Luther King, Jr. Day - No School



Jan. 16 - No School PROFESSIONAL DAY



January 17 - C

- A. French Toast & Sausage Links
- B. Cinnamon Toast Crunch Pouch & String Cheese**
- Apple Slices
- Milk, Juice

- A. **Pancakes & Sausage Links**
- B. Mini Corn Dogs**
- Y. Yogurt & Muffin**
- Green Beans
- Baby Carrots
- Pears
- Cinnamon Applesauce

January 18 - D

- A. Cheese Stuffed Pretzel
- B. Trix Bar & Yogurt**
- Applesauce Cup
- Milk
- Juice

- A. **Popcorn Chicken & Roll**
- B. Cheese Bosco & Marinara**
- Y. Wow Butter Sandwich & String Cheese**
- Power Salad
- Corn
- Apple Slices
- Fruit Cocktail

January 19 - E

- A. Bacon Breakfast Pizza
- B. Froot Loops Pouch & String Cheese**
- Craisins - Strawberry
- Milk

- A. **Stuffed Crust Pepperoni Pizza**
- B. Fish Shapes & Roll**
- Y. Yogurt & Cracker Crisps**
- Roasted Cauliflower
- Fresh Red Peppers
- Mandarin Oranges
- Peaches

Kansas School Lunch Week - January 22 - 26, 2018

January 22 - A

- A. Cereal & String Cheese
- B. Dark Choc. Chip Muffin**
- Cinnamon Applesauce Cup
- Milk
- Juice

- Lucky Tray Day!**
- A. **Chicken Munchkin Bites & Roll**
 - Y. Yogurt & Mini Pancakes**
 - Romaine & Spinach Salad
 - Mashed Potatoes & Gravy
 - Fresh Broccoli
 - Pineapple

January 23 - B

- A. Cereal & Yogurt
- B. Apple Cinnamon Roll**
- Diced Peach Cup
- Milk, Juice

- A. **Hamburger w/Bun**
- B. Ruby Red Cheese Ravioli w/Breadstick**
- Y. Wow Butter Sandwich & String Cheese**
- Salad Mix
- Baked Beans
- Pears
- Glenda's Fruit Cocktail

January 24 - C

- A. Pancake Sausage Stick
- B. Golden Graham Pouch & String Cheese**
- Apple Slices
- Milk

- A. **French Toast Sticks & Wicked Witch Fingers**
- B. Corn Dog**
- Y. Yogurt & Muffin**
- Potato Triangles
- Baby Carrots
- Mandarin Oranges
- Pineapple

January 25 - D

- A. Mini Pancakes
- B. French Toast Benefit Bar**
- Banana
- Milk
- Juice

- A. **Poppy Pepperoni Pizza**
- B. Teriyaki Chicken w Rice**
- Y. Wow Butter Sandwich & String Cheese**
- Romaine Salad
- Rainbow Dippers
- Strawberries & Bananas
- Yellow Brick Road Cake

January 26 - E

- A. Breakfast Bites
- B. Apple Jacks Pouch & Yogurt**
- Craisins - Blueberry
- Milk
- Juice

- A. **Chicken Strips & Roll**
- B. Breaded Chicken Sandwich**
- Y. Yogurt & Cracker Crisps**
- Romaine & Spinach Salad
- Fries
- Peaches
- Rosy Applesauce

January 29 - A

- A. Cereal & String Cheese
- B. Banana Bread**
- Strawberry Applesauce Cup
- Milk
- Juice

- A. **Nacho Bites**
- B. Pizza Calzone**
- Y. Yogurt & Mini Pancakes**
- Romaine & Spinach Salad
- Broccoli & Cheese
- Fresh Red Pepper Slices
- Tropical Fruit

January 30 - B

- A. Cereal & Yogurt
- B. Oatmeal Chocolate Chip Benefit Bar**
- Diced Peach Cup
- Milk, Juice

- A. **Chicken Nuggets & Roll**
- B. Beef Soft Tacos**
- Y. Wow Butter Sandwich & String Cheese**
- Shredded Lettuce
- Grape Tomatoes
- Taco Fiesta Black Beans
- Pineapple
- Mango Berry Pom Swirl

January 31 - C

- A. Pancake Sausage Stick
- B. Froot Loops Pouch & String Cheese**
- Apple Slices
- Milk

- A. **Dutch Waffle & Sausage Links**
- B. Mini Corn Dogs**
- Y. Yogurt & Muffin**
- Baked Potato Smiles
- Fresh Sliced Cucumber
- Cinnamon Pears
- Fruit Cocktail

Scan with your mobile device and view menus on the go!





Café 233

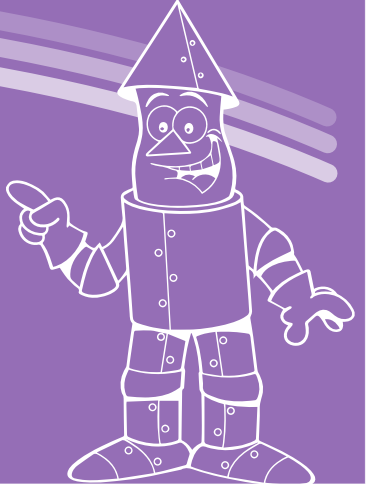


January 2018 Breakfast & Lunch Menu



Do you have a question for Café 233? Visit our website at www.olatheschools.com/cafe233. The USDA is an equal opportunity provider and employer.

**Café 233 Presents:
Lunch Somewhere Over the Rainbow!**

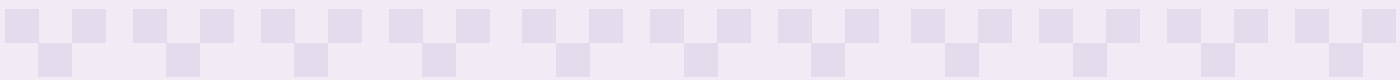



Join us to celebrate Kansas School Lunch Week January 22-26. We will be organizing a week of Wizard of Oz inspired decorations, foods and activities! Café 233 serves 25,000+ breakfast and lunch meals at 52 schools throughout our district every school day. Our meals provide nutritious choices to our students-offering fresh fruits and vegetables daily. Our amazing staff will be planning fun decorations and events in our school cafeterias!



Do you have a food allergy? Wondering which items have pork in them? Do you need to know how many carbohydrates are in a food item? Check out our website for ingredient labels and nutrition facts.

<http://www.olatheschools.com/cafe233>



5 Healthy Resolutions!

Make Healthy Food Choices

Grab a healthy snack such as fruit, nuts, or low-fat cheese.

Be Active

Try simple things such as taking the stairs instead of the elevator. Children should get 60 minutes of physical activity per day.

Get Enough Sleep

Remember that sleep is a necessity, not a luxury.

Spend Less, Save More

Start saving as early as possible, even if you are on an allowance! It adds up quick.

Start a New Hobby

Hobbies allow you to develop new strategies for problem solving.

Café 233 Job Openings

Work a few hours each day in one of our school kitchens! Earn some money while your student is at school. Check out our current job openings at www.olatheschools.org, go to *Job Opportunities* and look under *Current Openings* and then *Food Services*.



Café 233



Please visit www.olatheschools.com/cafe233 and click on *Catering and Classroom Treats* for details!