

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:

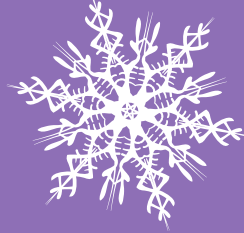
1% White, 1% Chocolate

Daily 100% Juice Choices:

Apple, Orange



Jan. 3 -
 No School
PROFESSIONAL DAY



Jan. 4 -
 No School
PROFESSIONAL DAY



Monday

January 7 - B

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

A. Hotdog w/Bun
Y. Yogurt & Mini Pancakes
 Corn
 Sunshine Blend Carrots
 Mandarin Oranges

Tuesday

January 8 - C

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
 Cheesy Mashed Potatoes
 Fruit Cocktail

Wednesday

January 9 - D

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

Thursday

January 10 - E

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

A. Stuffed Crust Pepperoni Pizza
B. Taco Salad
Y. Wow Butter Sandwich & String Cheese
 Shredded Lettuce,
 Diced Tomatoes
 Taco Fiesta Black Beans
 Strawberries & Bananas
 Orange Wedges

Friday

January 11 - A

A. Dutch Waffle
B. Golden Graham Pouch & Yogurt
 Craisins - Blueberry
 Milk, Juice

A. Cheeseburger w/Bun
B. Fish Sticks & Roll
Y. Yogurt & Cracker Crisps
 Romaine & Spinach Salad
 California Veggies
 Apple Slices
 Chocolate Chip Cookie

January 14 - B

A. Cereal & String Cheese
B. Cinnamon Bread
 Applesauce Cup - Berry
 Milk, Juice

LUCKY TRAY DAY!
A. Chicken Nuggets & Roll
Y. Yogurt & Mini Pancakes
 Pinto Beans
 Mashed Potatoes & Gravy
 Fresh Broccoli
 Pineapple

January 15 - C

A. Cereal & Yogurt
B. Cinnamon Toast Crunch Dark CC Benefit Bar
 Mandarin Orange Cup
 Milk, Juice

A. Country Breaded Steak Sandwich w/Bun
B. Cheese Bosco w/ Marinara
Y. Wow Butter Sandwich & String Cheese
 Grape Tomatoes
 Power Salad
 Strawberries & Peaches
 Brownie

January 16 - D

A. French Toast & Sausage Links
B. Lucky Charms Crunch Pouch & String Cheese
 Apple Slices
 Milk, Juice

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

January 17 - E

A. Cheese Stuffed Pretzel
B. Trix Bar & Yogurt
 Clementine
 Milk
 Juice

A. Popcorn Chicken & Roll
B. Spaghetti & Meatballs
Y. Wow Butter Sandwich & String Cheese
 Romaine Salad
 Corn
 Apple Slices
 Fruit Cocktail

January 18 - A

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

A. Cheese Pizza
B. Mozzarella Cheese Sticks & Marinara
Y. Yogurt & Cracker Crisps
 Peas & Carrots
 Fresh Red Peppers
 Mandarin Oranges
 Grapes
 Lemon Berry Fruit Swirl

Kansas School Lunch Week - January 21 - 25, 2019

Jan. 21 - Martin Luther King, Jr. Day - No School



January 22 - B

A. Cereal & Yogurt
B. Apple Cinnamon Roll
 Diced Pear Cup
 Milk, Juice

A. Chicken Strips & Roll
B. Breaded Chicken Sandwich
Y. Wow Butter Sandwich & String Cheese
 Romaine & Spinach Salad
 Grape Tomatoes
 Peaches
 Frozen Fruit Cup (Celebration)

January 23 - C

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

A. Dutch Waffle & Sausage Links
B. Corn Dog
Y. Yogurt & Muffin
 Potato Triangles
 Baby Carrots
 Mixed Berries
 Pineapple

January 24 - D

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

A. Stuffed Crust Pepperoni Pizza
B. Southern Drumstick & Roll
Y. Wow Butter Sandwich & String Cheese
 Romaine Salad
 Fresh Veggies & Ranch
 Strawberries & Bananas
 Jello Cake

January 25 - E

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

A. Cheeseburger w/Bun
B. Cheese Ravioli W/ Roll
Y. Yogurt & Cracker Crisps
 Salad Mix
 Fries
 Baked Beans
 Fruit Cocktail

January 28 - A

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

A. Chicken Tender Bites & Roll
B. Cheese Bosco w/ Marinara
Y. Yogurt & Mini Pancakes
 Romaine Salad
 Corn
 Applesauce
 Tropical Fruit

January 29 - B

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

A. Hot Dog w/ Bun
B. Chili
Y. Wow Butter Sandwich & String Cheese
 Fresh Baby Carrots
 Creamy Broccoli Salad
 Strawberries/Peaches
 Cinnamon Roll

January 30 - C

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

A. French Toast Sticks & Sausage Links
B. Mini Corn Dogs
Y. Yogurt & Muffin
 Baked Potato Smiles
 Fresh Sliced Cucumber
 Pears
 Pineapple

January 31 - D

A. Cinni Minis
B. Cocoa Puff Bar & Yogurt
 Clementine
 Milk
 Juice

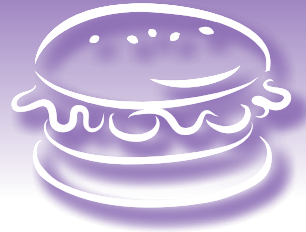
A. Chicken Nuggets & Roll
B. Beef Soft Tacos
Y. Wow Butter Sandwich & String Cheese
 Shredded Lettuce
 Diced Tomatoes
 Taco Fiesta Black Beans
 Fruit Cocktail
 Wild Cherry Frozen Fruit Cup

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





January 2019



Breakfast & Lunch



MENU



Café 233

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



Café 233 Presents: The Greatest Show on Earth!

Join us to celebrate Kansas School Lunch Week January 21-25. We will be organizing a week of The Greatest Show on Earth 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.org/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

Check out our current openings at CafeJobs.OlatheSchools.com, and click on the 'Employment Application' link.



Café 233



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