

Hampden Christian School Menu - January 2022

.NOTE: items on menu are subject to change based on what products are available to us.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|--|---|---|---|
| | 1/3 | 1/4 | 1/5 | 1/6 | 1/7 |
| Breakfast | Cereal, Juice | Oatmeal, fresh fruit | Sausage, egg, and cheese biscuit | Waffles, syrup, fruit | Bagel w/cream cheese, fresh fruit |
| AM Snack | Goldfish | Raisins | Animal crackers | Fresh fruit | Graham crackers |
| Lunch | Pizza, carrots, w/ranch, fresh fruit | Chicken and cheese mini tacos, rice, mixed veggies, applesauce | Mac n' cheese, smokies, peas, pears | Baked potato soup, whole wheat bread, cheddar cheese, mixed fruit | Orange chicken w/ fried rice, green beans, diced peaches |
| PM Snack | Whole grain crackers, string cheese, juice | Fresh fruit | Yogurt, juice | Pretzels and colby jack cheese | Cheese Ritz Bits |
| | 1/10 | 1/11 | 1/12 | 1/13 | 1/14 |
| Breakfast | Cereal, Juice | Oatmeal, fresh fruit | French toast sticks | Sausage Egg & Cheese croissant | Muffin, Fresh fruit |
| AM Snack | Goldfish | Raisins | Animal crackers | Fresh fruit | Graham crackers |
| Lunch | Stuffed shells w/ pizza sauce, garlic bread, corn, applesauce | Baked cod, french fries, beets, frozen mixed fruit | Pulled pork, mashed potatoes, peas, mandarin oranges | Baked ziti, broccoli, pears | Chicken and cheese quesadillas, green beans, frozen mixed fruit |
| PM Snack | Whole grain crackers, string cheese, juice | Fresh fruit | Yogurt, juice | Pretzels and colby jack cheese | Cheese Ritz Bits |
| | 1/17 | 1/18 | 1/19 | 1/20 | 1/21 |
| Breakfast | Cereal, Juice | Oatmeal, fresh fruit | Sausage, egg, and cheese biscuit | Waffles, syrup, fruit | Bagel w/cream cheese, fresh fruit |
| AM Snack | Goldfish | Raisins | Animal crackers | Fresh fruit | Graham crackers |
| Lunch | Meatballs, mashed potatoes, corn, mandarin oranges | Chicken nuggets, fries, peas, mixed fruit | Lasagna, garlic bread, green beans, pineapple tidbits | Chicken alfredo, peas, mandarin oranges | Pulled pork, scalloped potatoes, green beans, pineapple tidbits |
| PM Snack | Whole grain crackers, string cheese, juice | Fresh fruit | Yogurt, juice | Pretzels and colby jack cheese | Cheese Ritz Bits |
| | 1/24 | 1/25 | 1/26 | 1/27 | 1/28 |
| Breakfast | Cereal, Juice | Oatmeal, fresh fruit | French toast sticks | Sausage Egg & Cheese croissant | Muffin, Fresh fruit |
| AM Snack | Goldfish | Raisins | Animal crackers | Fresh fruit | Graham crackers |
| Lunch | Pizza, carrots, w/ranch, fresh fruit | Chicken and cheese mini tacos, rice, mixed veggies, applesauce | Mac n' cheese, smokies, peas, pears | Baked potato soup, whole wheat bread, cheddar cheese, mixed fruit | Orange chicken w/ fried rice, green beans, diced peaches |
| PM Snack | Whole grain crackers, string cheese, juice | Fresh fruit | Yogurt, juice | Pretzels and colby jack cheese | Cheese Ritz Bits |
| | 1/31 | 2/1 | 2/2 | 2/3 | 2/4 |
| Breakfast | Cereal, Juice | Oatmeal, fresh fruit | Sausage, egg, and cheese biscuit | Waffles, syrup, fruit | Bagel w/cream cheese, fresh fruit |
| AM Snack | Goldfish | Raisins | Animal crackers | Fresh fruit | Graham crackers |
| Lunch | Stuffed shells w/ pizza sauce, garlic bread, corn, applesauce | Baked cod, french fries, beets, frozen mixed fruit | Pulled pork, mashed potatoes, peas, mandarin oranges | Baked ziti, broccoli, pears | Chicken and cheese quesadillas, green beans, frozen mixed fruit |
| PM Snack | Whole grain crackers, string cheese, juice | Fresh fruit | Yogurt, juice | Pretzels and colby jack cheese | Cheese Ritz Bits |