



BLACK-EYED PEAS



NAVY BEANS



KIDNEY BEANS

LEGUMES



PINTO BEANS



SPLIT PEAS



GARBANZO BEANS
(CHECKPEAS)



Triumph Menu January 2017

USDA and this institution are equal opportunity providers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast	2	3	4	5	6
Lunch	NO SCHOOL				NO SCHOOL
Snack					
Break-fast	9	10	11	12	13
Lunch	NO SCHOOL	NO SCHOOL	Chicken Nuggets with Roll & Corn & Seasonal Fruit	Chicken Sandwich with Tossed Green Salad & Seasonal Fruit	Cheese Enchilada with Black Beans & Seasonal Fruit
Snack			Pretzels Sliced Apples	Cheez-its Sliced Oranges	Animal Crackers Fresh Banana
Break-fast	16	17	18	19	20
Lunch	NO SCHOOL	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Chicken Strips with Roll & Veggies & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack		"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Break-fast	23	24	25	26	27
Lunch	Popcorn Chicken with Baked Fries & Seasonal Fruit	Chicken Sandwich with Tossed Green Salad & Seasonal Fruit	Cheese Enchilada with Black Beans & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Chicken Nuggets with Roll & Corn & Seasonal Fruit
Snack	Carrots & Celery Goldfish Carjackers	Cheez-its Sliced Oranges	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples
Break-fast	30	31	 		
Lunch	Turkey Corn Dog Baked Fries & Seasonal Fruit	Bean & Cheese Burrito with Brown Rice & Seasonal Fruit			
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit			

Low-fat milk is served with every breakfast and lunch.

Breakfast Prices: \$1.50 paid, \$.30 reduced*, \$2.50 Adults

Lunch Prices: \$2.55 paid, \$.40 reduced*, \$3.25 Adults

*You may qualify for free or reduced-price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844.

Some menu items may change due to availability of products.