



2025

JANUARY

ALLEN BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

“Maintaining a healthy lifestyle will help you manage stress. Eat a healthy diet, exercise regularly and get enough sleep. Make a conscious effort to spend less time in front of a screen — television, tablet, computer and phone — and more time relaxing.” (www.mayoclinic.org)

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

6

NO SCHOOL

7

Cereal
Goldfish Crackers
Applesauce
Juice and Milk

8

Mini Cinnamon Rolls
Peaches
Juice and Milk

9

Donut
String Cheese
Mixed Fruit
Juice and Milk

10

Waffles with Syrup
Pears
Juice and Milk

13

Poptart
String Cheese
Pears
Juice and Milk

14

Pancake and Sausage Sandwich
Mandarin Oranges
Juice and Milk

15

French Toast with Syrup
Peaches
Juice and Milk

16

Muffin
Yogurt
Blueberries
Juice and Milk

17

Omelet with Cheese
Pineapple
Juice and Milk

20

NO SCHOOL

21

Cereal
Goldfish Crackers
Applesauce
Juice and Milk

22

Chocolate Chip Granola
Yogurt
Blueberries
Juice and Milk

23

French Toast Sticks
Pears
Juice and Milk

24

Breakfast Burrito
Peaches
Juice and Milk

27

Cereal Bar
String Cheese
Applesauce
Juice and Milk

28

Waffles with Syrup
Blueberries
Juice and Milk

29

Omelet with Cheese
Mixed Fruit
Juice and Milk

30

Poptart
String Cheese
Peaches
Juice and Milk

31

Biscuit with Gravy
Pears
Juice and Milk



2025

JANUARY

ALLEN LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

“The Department of Health and Human Services says that school-age children should get 60 minutes or more of daily activity. As part of this activity, muscle- and bone-strengthening exercises are suggested at least three days a week.” (Mayoclinic.org)

1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL

6
NO SCHOOL

7
Mac and Cheese
Peas and Carrots
Pears
Cookies

8
Mini Corn Dogs
Tater Tots
Carrots
Mixed Fruit

9
Spaghetti with Meat Sauce
Green Beans
Peaches

10
Breaded Chicken Patty on Bun
French Fries
Applesauce

13
BBQ Pulled Pork on Bun
Tater Tots
Baked Beans
Mixed Fruit

14
Chicken and Cheese Tacos
Chips and Salsa
Side Salad
Pineapple

15
11:30 Dismissal
Peanut Butter and Jelly
Uncrustable
Celery and Carrot Sticks
Applesauce
Cookie

16
Lil' Smokies
Mashed Potatoes with Gravy
Cinnamon Roll or Cookie
Pears

17
French Bread Pizza
with Marinara Sauce
Green Beans
Peaches

20
NO SCHOOL

21
Cheese Ravioli with
Marinara Sauce
Peas and Carrots
Mixed Fruit
Cookie

22
Hot Dog on Bun
French Fries
Applesauce

23
Cheeseburger on Bun
Tater Tots
Corn
Pears

24
Calzone with Marinara Sauce
Green Beans
Peaches

27
Sloppy Joe on Bun
Tater Tots
Baked Beans
Mixed Fruit

28
Beef and Cheese Taco
Chips and Salsa
Side Salad
Pineapple

29
Cheese Pizza
Corn
Applesauce
Cookie

30
Chicken Alfredo
Peas and Carrots
Pears

31
Bosco Sticks with Marinara Sauce
Green Beans
Peaches