

A selection of fruit & milk available with meals. Check uplifteducation.org/CNP website for additional information and updates. Menu Subject to Change

JANUARY 2021

Uplift Education

Breakfast – FREE
Lunch - FREE



Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast: 6
Cereal w/Graham Cracker

Lunch:
Asian Beef Bowl,
Broccoli

Breakfast: 7
Muffin Flats

Lunch:
Cheeseburger Mac,
Green Beans

Breakfast: 8
Cinnamon Roll

Lunch:
Pepperoni Pizza,
Carrots with Ranch

Breakfast: 11
Breakfast Bar

Lunch:
Spaghetti w/Chicken Meatballs,
Garlic stick, Steamed Broccoli

Breakfast: 12
Pop-Tarts

Lunch:
Turkey Sub,
Tomatoes w/ranch

Breakfast: 13
Cereal w/Graham Cracker

Lunch:
Chicken Sandwich,
Potato Wedge, Burger Salad

Breakfast: 14
Breakfast Sausage Pizza

Lunch:
Beef Tamales, Charro beans,
Zucchini with Ranch

Breakfast: 15
Muffin Flats

Lunch:
Cheese Pizza,
Garden Salad w/ranch

Breakfast: 18



Breakfast: 19
Donut Holes

Lunch:
Chicken tender Spicy/Regular,
Steamed Baby Carrots

Breakfast: 20
Nutri-Grain Bar

Lunch:
Frito Pie,
Broccoli w/ranch, Pinto Beans

Breakfast: 21
Cereal w/Graham Cracker

Lunch:
Hamburger or Cheeseburger,
Burger Salad, Potato Wedges

Breakfast: 22
Frudel

Lunch:
Turkey Meat Lovers Pizza,
Cucumbers with Ranch

Breakfast: 25
Sausage Pancake Sandwich

Lunch:
Breaded Chicken drumstick,
Roll, Scalloped Potatoes

Breakfast: 26
Concha

Lunch:
Beef Taco Salad w/Black bean &
Corn, Salsa Cup

Breakfast: 27
Cereal w/Graham Cracker

Lunch:
Asian Beef Bowl,
Broccoli

Breakfast: 28
Breakfast Sausage Pizza

Lunch:
Cheeseburger Mac,
Green Beans

Breakfast: 29
Muffin Flats

Lunch:
Pepperoni Pizza,
Carrots w/Ranch

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