



# Sigonella Menu January 2022



## Sigonella Breakfast Menu

<p>03 January <b>Choice of One:</b> 1) Breakfast Bowl 2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>04 <b>Choice of One:</b> (1) Cinnamon Roll (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>05 <b>Choice of One:</b> (1) Breakfast Sandwich (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>06 <b>Choice of One:</b> (1) Italian Pizzettes (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>07 <b>Choice of One:</b> (1) Breakfast Sandwich (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>
<p>10 <b>Choice of One:</b> 1) Breakfast Bowl 2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>11 <b>Choice of One:</b> (1) Cinnamon Roll (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>12 <b>Choice of One:</b> (1) Breakfast Sandwich (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>13 <b>Choice of One:</b> (1) Italian Pizzettes (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>14 <b>No School TW Day</b></p>
<p>17 <b>No School MLK Day</b></p>	<p>18 <b>Choice of One:</b> (1) Cinnamon Roll (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>19 <b>Choice of One:</b> (1) Breakfast Sandwich (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>20 <b>Choice of One:</b> (1) Italian Pizzettes (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>21 <b>Choice of One:</b> (1) Breakfast Sandwich (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>
<p>24 <b>Choice of One:</b> 1) Breakfast Bowl 2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>25 <b>Choice of One:</b> (1) Cinnamon Roll (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>26 <b>Choice of One:</b> (1) Breakfast Sandwich (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>27 <b>Choice of One:</b> (1) Italian Pizzettes (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p>28 <b>Choice of One:</b> (1) Breakfast Sandwich (2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>
<p>31 <b>Choice of One:</b> 1) Breakfast Bowl 2) Assorted Cereal</p> <p><b>Choice of Fruit:</b> Assorted Fresh Fruit</p> <p><b>Choice of:</b> Ice Cold Milk</p>	<p><b>Happy New Year!</b> </p>			

Menu subject to change based on availability.

This institution is an equal opportunity employer.



<b>A La Carte Pricing</b>
Entrée: \$2.00
Fruit: \$0.50
Vegetable: \$0.50
Milk: \$1.00



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# Signonella Menu January 2022



## Elementary Lunch Menu

<p>03 January <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>04 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>05 <b>Choice of One:</b> (1) Pasta w/Meat Sauce (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>06 <b>Choice of One:</b> (1) Beef Burrito (2) Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>07 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>10 <b>Choice of One:</b> (1) Teriyaki Chicken w/Fried Rice (2) BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>11 <b>Choice of One:</b> (1) Soft Tacos (2) Grilled Cheese <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>12 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>13 <b>Choice of One:</b> (1) Chicken Sandwich (2) Breakfast for Lunch <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>14 <b>No School TW Day</b></p>
<p>17 <b>No School MLK Day</b></p>	<p>18 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>19 <b>Choice of One:</b> (1) Pasta w/Meat Sauce (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>20 <b>Choice of One:</b> (1) Beef Burrito (2) Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>21 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>24 <b>Choice of One:</b> (1) Teriyaki Chicken w/Fried Rice (2) BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>25 <b>Choice of One:</b> (1) Soft Tacos (2) Grilled Cheese <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>26 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>27 <b>Choice of One:</b> (1) Chicken Sandwich (2) Breakfast for Lunch <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>28 <b>Choice of One:</b> (1) Cheese Sticks (2) Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>31 <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p><b>Happy New Year!</b> </p>			

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## Secondary Lunch Menu

<p>03 January <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice and Egg Roll (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>04 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders w/Corn Muffin <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>05 <b>Choice of One:</b> (1) Pasta w/Meat Sauce w/Garlic Roll (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>06 <b>Choice of One:</b> (1) Beef Burrito (2) Salad Bowl w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of:</b> Ice Cold Milk</p>	<p>07 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>10 <b>Choice of One:</b> (1) Teriyaki Chicken w/Fried Rice and Egg Roll (2) BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>11 <b>Choice of One:</b> (1) Soft Tacos (2) Spicy Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>12 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>13 <b>Choice of One:</b> (1) Deli Sandwich or Wrap <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>14 <b>No School TW Day</b></p>
<p>17 <b>No School MLK Day</b></p>	<p>18 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders w/Corn Muffin <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>19 <b>Choice of One:</b> (1) Pasta w/Meat Sauce w/Garlic Roll (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>20 <b>Choice of One:</b> (1) Beef Burrito (2) Salad Bowl w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of:</b> Ice Cold Milk</p>	<p>21 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>24 <b>Choice of One:</b> (1) Teriyaki Chicken w/Fried Rice and Egg Roll (2) BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>25 <b>Choice of One:</b> (1) Soft Tacos (2) Spicy Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>26 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>27 <b>Choice of One:</b> (1) Deli Sandwich or Wrap <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>28 <b>Choice of One:</b> (1) Cheese Sticks (2) Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>31 <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice and Egg Roll (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p style="text-align: center;"><b>Happy New Year!</b> </p>			

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# Sigonella Menu January 2022



## Sure Start Lunch Menu

03 January Tangerine Chicken w/Fried Rice  Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	04 Chicken Tenders  Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	05 Pasta w/ Meat Sauce  Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	06 Beef Burrito  Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	07 Pizza  Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
10 BBQ Meatballs w/ Roll  Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	11 Grilled Cheese  Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	12 Lasagna w/Garlic Roll  Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	13 Breakfast for Lunch  Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	14 <b>No School TW Day</b>
17 <b>No School MLK Day</b>	18 Soft Tacos  Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	19 Chicken Adobo w/Rice  Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	20 Chicken Sandwich  Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	21 Cheese Sticks  Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
24 Hot Ham & Cheese Croissant  Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	25 Grilled Cheese  Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	26 Lasagna w/Garlic Roll  Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	27 Breakfast for Lunch  Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	28 Cheeseburger  Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
31 Tangerine Chicken w/Fried Rice  Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	<b>Happy New Year!</b> 			

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