

# January



## HOPE ACADEMY



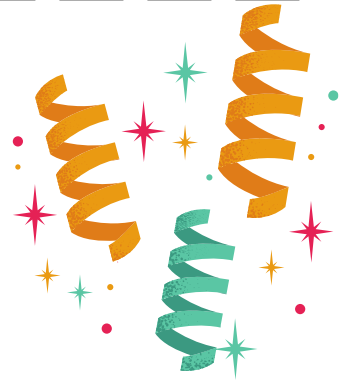
Monday

Tuesday

Wednesday

Thursday

Friday



# happy New Year



**BREAKFAST:** Pears  
Cereal and Milk

**LUNCH:** Chicken Ropa Vieja  
Taco Tortilla  
Black Beans  
Corn  
Mandarin Orange and Milk

**SNACK:** Goldfish Crackers and Juice

**06**

**BREAKFAST:** Peaches  
Pancake w/ syrup  
and Milk

**LUNCH:** Mac & Cheese  
Steam Carrots  
Peaches  
Milk

**SNACK:** Chocolate Chip Cookie and Juice

**07**

**BREAKFAST:** Banana and Juice  
Biscuit  
Milk

**LUNCH:** Chicken Nuggets w/ ketchup  
Brown Rice  
Green Peas  
Tropical Fruit and Milk

**SNACK:** Cheez-it and Juice

**08**

**BREAKFAST:** Pears  
WG Waffle w/ syrup  
Milk

**LUNCH:** Arroz con Pollo Criollo w/ Corn  
Mixed Vegetables  
Bread Roll  
Mandarin Orange and Milk

**SNACK:** Chocolate Chip Banana Bread and Juice

**09**

**BREAKFAST:** Red Apple  
Scrambled Egg  
Sliced Bread  
Milk

**LUNCH:** Pizza  
Mixed Green Salad w/ Dressing  
Pears and Milk

**SNACK:** Funfetti Bread and Juice

**10**

**BREAKFAST:** Pears  
Cereal And Milk

**LUNCH:** Chicken Patty-  
Brown Rice  
Corn  
Steam Carrots  
Tropical Fruit and Milk

**SNACK:** Pretzel and Juice

**13**

**BREAKFAST:** Red Apple  
Blueberry Muffin  
Milk

**LUNCH:** Special Turkey Taco  
Corn  
Refried Beans  
Peaches and Milk

**SNACK:** Oatmeal Cookie and Juice

**14**

**BREAKFAST:** Banana and Juice  
Boiled Egg  
Biscuit  
Milk

**LUNCH:** Beefaroni  
Peas and Carrots  
Bread Roll  
Pears and Milk

**SNACK:** Graham Crackers and Juice

**15**

**BREAKFAST:** Pears  
Banana Bread  
Milk

**LUNCH:** Honey Chicken  
Brown Rice  
Mixed Vegetables  
Peaches and Milk

**SNACK:** Lays Chips and Juice

**16**

**TEACHER PLANNING DAY**

**17**



# January



## HOPE ACADEMY



Monday

Tuesday

Wednesday

Thursday

Friday



20

**BREAKFAST:**

Pears  
Cereal  
Milk

**LUNCH:**

Cheeseburger w/ ketchup and Mayo  
Hamburger Bun  
Sliced Carrots  
Peaches and Milk

**SNACK:**

Cheez-it Crackers and Juice

21

**BREAKFAST:**

Red Apple  
Bagel w/ cream cheese  
Milk

**LUNCH:**

Corn Dog  
Green Peas  
Corn

**SNACK:**

Mandarin Orange and Milk  
Blueberry Bread and Juice

22

**BREAKFAST:**

Cinnamon Apple  
Pancake w/ syrup  
Milk

**LUNCH:**

Maccaroni & Cheese  
Steam Carrots  
Pears and Milk

**SNACK:**

Animal Crackers and Juice

23

**BREAKFAST:**

Peaches  
Chocolate Bread  
Milk

**LUNCH:**

Pizza  
Mixed Green Salad w/ Dressing  
Pears and Milk

**SNACK:**

Chips and Juice

24

**BREAKFAST:**

Pears  
Cereal and Milk

**LUNCH:**

Chicken Ropa Vieja on a Taco  
Corn  
Refried Beans  
Mandarin Orange and Milk

**SNACK:**

Oatmeal Cookie and Juice

27

**BREAKFAST:**

Peaches  
Funfetti Bread  
and Milk

**LUNCH:**

Hot Dog w/ ketchup  
Hot Dog Bun  
Baby Carrots w/ Dressing  
Peaches and Milk

**SNACK:**

Pretzels and Juice

28

**BREAKFAST:**

Red Apple  
Scrambled Egg  
Sliced Bread and Milk

**LUNCH:**

Pizza  
Baby Carrots w/ Dressing  
Pears and Milk

**SNACK:**

Chocolate Chip Banana Bread and Juice

29

**BREAKFAST:**

Mandarin Orange  
Banana Bread  
And Milk

**LUNCH:**

Turkey Ham and Cheese Sandwich  
Cold Broccoli w/ dressing  
Peaches and Milk

**SNACK:**

Lays and Juice

30

**BREAKFAST:**

Red Apple  
English Muffin w/ butter  
And Milk

**LUNCH:**

Pizza  
Mixed Green Salad w/ Ranch  
Pears and Milk

**SNACK:**

Graham Crackers and Juice

31

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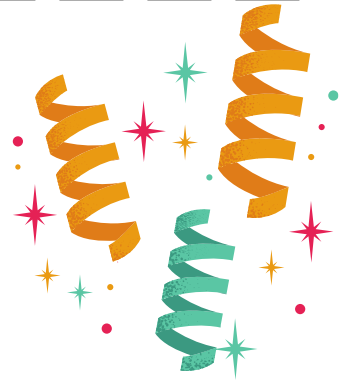
Lunes

Martes

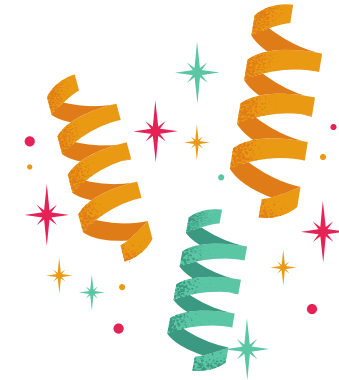
Miercoles

Jueves

Viernes



# happy New Year



**DESAYUNO:** Peras  
Cereal y Leche

**ALMUERZO:** Ropa Vieja de Pollo  
Taco Tortilla  
Frijoles Negros  
Maiz  
Mandarina y Leche

**SNACK:** Galleta y Jugo

**06**

**DESAYUNO:** Durazno  
Pancake con Jarabe Miel  
Y Leche

**ALMUERZO:** Macaron con Queso  
Zanahorias Cocinadas  
Durazno  
Leche

**SNACK:** Galleta de Chocolate y Jugo

**07**

**DESAYUNO:** Banana y Jugo  
Panecillo  
Leche

**ALMUERZO:** Nuggets de Pollo con ketchup  
Arroz Integral  
Guisantes Verdes  
Fruta Tropical y Leche

**SNACK:** Galleta y Jugo

**08**

**DESAYUNO:** Peras  
WG Waffle con Jarabe Miel  
Leche

**ALMUERZO:** Arroz con Pollo Criollo con Maiz  
Vegetales Mixtos  
Panecillo  
Mandarina y Leche

**SNACK:** Pan de Chocolate y Jugo

**09**

**DESAYUNO:** Manzana  
Huevos Cocinados  
Pan  
Leche

**ALMUERZO:** Pizza  
Ensalada Mixta Verde con Aderezo  
Peras y Leche

**SNACK:** Pan de Arco iris y Jugo

**10**

**DESAYUNO:** Peras  
Cereal y Leche

**ALMUERZO:** Empanada de Pollo-  
Arroz Integral  
Maiz  
Zanahorias Cocinadas  
Fruta Tropical y Leche

**SNACK:** Pretzel y Jugo

**13**

**DESAYUNO:** Manzana  
Muffin de Mora  
Leche

**ALMUERZO:** Taco Especial de Pavo  
Maiz  
Frijoles Fritos  
Durazno y Leche

**SNACK:** Galleta y Jugo

**14**

**DESAYUNO:** Banana y Jugo  
Huevo Herbido  
Galleta Especial  
Leche

**ALMUERZO:** Beefaroni  
Mixto de Zanahorias y Habichuelas  
Panecillo  
Peras y Leche

**SNACK:** Galleta y Jugo

**15**

**DESAYUNO:** Peras  
Pan de Banana  
Leche

**ALMUERZO:** Pollo con Salsa Mostaza y Miel  
Arroz Integral  
Vegetales Mixtos  
Durazno y Leche

**SNACK:** Chips y Jugo

**16**

**TEACHER PLANNING DAY**

**17**



# January



## HOPE ACADEMY



Lunes

Martes

Miercoles

Jueves

Viernes



20

**DESAYUNO:**

Peras  
Cereal  
Leche

21

**ALMUERZO:**

Hamburguesa de Queso  
Pan de Hamburguesa  
Zanahorias  
Durazno y Leche

**SNACK:**

Galleta y Jugo

**DESAYUNO:**

Manzana  
Bagel con Queso Crema  
Leche

22

**ALMUERZO:**

Salchicha en Paleta  
Habichuelas Verdes  
Maiz  
Mandarina y Leche

**SNACK:**

Pan de Mora y Jugo

**DESAYUNO:**

Manzana de Canela  
Pancake con Jarabe Miel  
Leche

23

**ALMUERZO:**

Macaron con Queso  
Zanahorias Cocinadas  
Peras y Leche

**SNACK:**

Galleta y Jugo

**DESAYUNO:**

Peaches  
Pan de Chocolate  
Leche

24

**ALMUERZO:**

Pizza  
Ensalada Mixta Verde con Aderezo  
Peras y Leche

**SNACK:**

Chips y Jugo

**DESAYUNO:**

Peras  
Cereal y Leche

27

**ALMUERZO:**

Ropa Vieja de Pollo en Taco  
Maiz  
Frijoles Fritos  
Mandarina y Leche

**SNACK:**

Galleta y Jugo

**DESAYUNO:**

Durazno  
Pan de Arco iris  
y Leche

28

**ALMUERZO:**

Hot Dog con Ketchup  
Pan de Hot Dog  
Mini-Zanahorias con Aderezo  
Durazno y Leche

**SNACK:**

Pretzels y Jugo

**DESAYUNO:**

Manzana  
Huevos Cocinados  
Pan y Leche

29

**ALMUERZO:**

Pizza  
Mni-Zanahorias con Aderezo  
Peras y Leche

**SNACK:**

Pan de Chocolate y Jugo

**DESAYUNO:**

Mandarina  
Pan de Banana  
y Leche

30

**ALMUERZO:**

Sanducho de Jamon y Queso  
Broccoli Frio con Aderezo  
Durazno y Leche

**SNACK:**

Lays y Jugo

**DESAYUNO:**

Manzana  
Muffin Ingles con Mantequilla  
y Leche

31

**ALMUERZO:**

Pizza  
Ensalada Mixta Verde con Aderezo  
Peras y Leche

**SNACK:**

Galleta y Jugo

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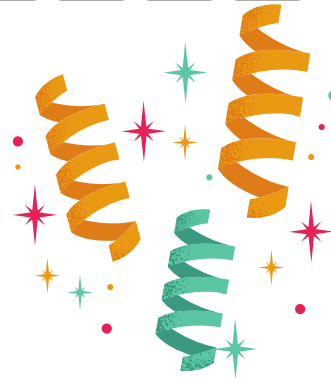
Lendi

Mardi

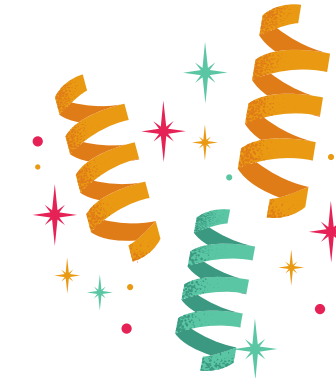
Mekredi

Jedi

Vandredi



# happy New Year



**06**

**MANJE MATIN:**  
Pire  
sereyal ak Lèt

**MANJE MIDI:**  
poul ropa vieja  
tortilla tako  
pwa nwa  
mayi  
mandarin zoranj ak Lèt

**GOUTE:**  
bonbon ak Ji

**07**

**MANJE MATIN:**  
Pèch  
Pancake w/ syrup  
ak Lèt

**MANJE MIDI:**  
Makawoni ak Fwomaj  
kawòt vapè  
Pèch  
Lèt

**GOUTE:**  
bonbon ak Ji

**08**

**MANJE MATIN:**  
Bannann ak ji  
Bisket  
Lèt

**MANJE MIDI:**  
pepit poul ak sòs tomat  
Diri mawon  
pwa vèt  
Tropical Fruit ak Lèt

**GOUTE:**  
bonbonak Ji

**09**

**MANJE MATIN:**  
Pire  
WG Waffle w/ syrup  
Lèt

**MANJE MIDI:**  
diri poul w/ mayi  
Legim Melanje  
woulo pen  
mandarin zoranj ak Lèt

**GOUTE:**  
Chip Pen Bannann ak Ji

**10**

**MANJE MATIN:**  
Pom Wo  
Ze Grenpe  
pen tranche  
Lèt

**MANJE MIDI:**  
Pizza  
Sòs Salad vèt Melanje ak abiye  
Pire ak Lèt

**GOUTE:**  
bonbon ak Ji

**13**

**MANJE MATIN:**  
Pire  
sereyal ak Lèt

**MANJE MIDI:**  
Patty Poul-  
Diri mawon  
mayi  
kawòt vapè  
Tropical Fruit ak Lèt

**GOUTE:**  
Pretzel ak Ji

**14**

**MANJE MATIN:**  
Pom Wo  
mòfin blueberry  
Lèt

**MANJE MIDI:**  
espesyal tako kodenn  
mayi  
pwa fri  
Pèch ak Lèt

**GOUTE:**  
bonbon ak Ji

**15**

**MANJE MATIN:**  
Bannann ak ji  
ze bouyi  
Biscuit  
Lèt

**MANJE MIDI:**  
Beefaroni  
Peas and kawòt  
woulo pen  
Pire ak Lèt

**GOUTE:**  
bonbon ak Ji

**16**

**MANJE MATIN:**  
Pire  
Pen Bannann  
Lèt

**MANJE MIDI:**  
poul siwo myèl  
Diri mawon  
Legim Melanje  
Pèch ak Lèt

**GOUTE:**  
Lays Chips ak Ji

**17**

TEACHER PLANNING DAY



# January



# HOPE ACADEMY



Lendi

Mardi

Mekredi

Jedi

Vandredi



20

**MANJE MATIN:**

Pire  
sereyal  
Lèt

21

**MANJE MIDI:**

Cheeseburger  
Pen  
kawòt  
Pèch ak Lèt

**GOUTE:**

bonbon ak Ji

**MANJE MATIN:**

Pom Wo  
bagel ak fwomaj krèm  
Lèt

22

**MANJE MIDI:**

Mayi Chen  
pwa vèt  
mayi  
mandarin zoranj ak Lèt

**GOUTE:**

bonbon ak Ji

**MANJE MATIN:**

pòm kannèl  
Pancake w/ syrup  
Lèt

23

**MANJE MIDI:**

Makawoni ak Fwomaj  
kawòt vapè  
Pire ak Lèt

**GOUTE:**

bonbon ak Ji

**MANJE MATIN:**

Pèch  
Pen Chokola  
Lèt

24

**MANJE MIDI:**

Pizza  
sòs salad vèt melanje ak abiye  
Pire ak Lèt

**GOUTE:**

Chips ak Ji

**MANJE MATIN:**

Pire  
sereyal ak Lèt

27

**MANJE MIDI:**

poul ropa vieja  
mayi  
pwa fri  
mandarin zoranj ak Lèt

**GOUTE:**

bonbon ak Ji

**MANJE MATIN:**

Pèch  
bonbon  
ak Lèt

28

**MANJE MIDI:**

Hot Dog ak sòs tomat  
Hot Pen  
Peas & kawòt  
Pèch ak Lèt

**GOUTE:**

Pretzels ak Ji

**MANJE MATIN:**

Pom Wo  
Ze Grenpe  
pen tranche ak Lèt

29

**MANJE MIDI:**

Pizza  
Mini-kawòt ak abiye  
Pire ak Lèt

**GOUTE:**

Chip Pen Bannann ak Ji

**MANJE MATIN:**

mandarin zoranj  
Pen Bannann  
ak Lèt

30

**MANJE MIDI:**

sandwich janbon ak fwomaj  
bwokoli fret  
Pèch ak Lèt

**GOUTE:**

Lays ak Ji

**MANJE MATIN:**

Pom Wo  
mòfin angle  
ak Lèt

31

**MANJE MIDI:**

Pizza  
sòs salad vèt melanje ak abiye  
Pire ak Lèt

**GOUTE:**

bonbon ak Ji

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