



January



read
play
learn
run
dream

We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.isdschools.org/>

Hanthorn Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		2 OPEN SITE MENU: WG BLUEBERRY BASH WAFFLES PEACHES MILK	3 WG CHERRIOS CEREAL WG TOAST BLUEBERRIES MILK	4 WG TRK/SAU BREAKFAST PIZZA ORANGE WEDGES MILK
7	8 WG APPLE CINN OATMEAL PEACHES MILK	9 CHEESY SCRAMBLED EGGS WG MINI BISCUIT BANANA MILK	10 WG MINI BANANA PANCAKES PEACHES MILK	11 WG RICE CHEX CEREAL WG TOAST BLUEBERRIES MILK
14	15 WG BISCUITS & GRAVY PEACHES MILK	16 WG CHERRIOS CEREAL ASSORTED YOGURT BANANA MILK	17 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	18 NO SCHOOL
21 	22 CHEESY SCRAMBLED EGGS WG MINI BISCUIT STRAWBERRIES MILK	23 WG STRAWBERRY PANCAKES BANANA MILK	24 WG APPLE CINN OATMEAL PEACHES MILK	25 WG MINI BANANA PANCAKES BLUEBERRIES MILK
28	29 WG BISCUITS & GRAVY PEACHES MILK	30 WG BLUEBERRY BASH WAFFLES BANANA MILK	31 CHEESY SCRAMBLED EGGS WG TOAST PEACHES MILK	



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using [MypaymentsPlus.com](https://mypaymentsplus.com)




WG - Whole Grain

January



We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.isdschools.org/>

Hanthorn Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 OPEN SITE MENU WG CHEESE PIZZA STEAMED BROCCOLI APPLESAUCE MILK	3 WG CHICKEN NUGGETS MASHED POTATOES & COUNTRY GRAVY MIXED VEGETABLES STRAWBERRIES MILK	4 CHEESEBURGER ON WG BUN LETTUCE/TOMATO/PICKLE BAKED FRIES COOKED CARROTS PEACHES MILK
7	8 WG BEEF ENCHILADAS WG MEXICAN RICE STEAMED BROCCOLI BANANA SALSA MILK	9 CHICKEN ALFREDO W/ WG NOODLES MIXED GREENS SALAD ITALIAN DRESSING STRAWBERRIES MILK	10 SALISBURY STEAK MASH POTATOES & BEEF GRAVY WG HOT ROLL COOKED CARROTS ROSY APPLESAUCE MILK	11 CHILI, WG CRACKERS WG CORNBREAD MIXED VEGETABLES PEARS MILK
14	15 WG FIESTADA PIZZA COOKED CARROTS STRAWBERRY MEDLEY MILK	16 WG CHICKEN PARMESAN MIXED GREENS SALAD RANCH DRESSING APPLESAUCE MILK	17 WG BEEF FINGERS MASHED POTATOES & COUNTRY GRAVY GREEN BEANS 100% STRAW/POM JUICE FZN CUP MILK	18 NO SCHOOL
21 	22 WG SOFT SHELLED TACO SALSA REFRIED BEANS COOKED CORN BANANA MILK	23 WG BEEFY MAC & CHEESE MIXED GREENS SALAD RANCH DRESSING PEACHES MILK	24 SLICED MEATLOAF WG HOT ROLL MASH POTATOES & BEEF GRAVY STEAMED BROCCOLI HOT SPICED APPLES MILK	25 WG CHICKEN & NOODLES WG MINI BISCUIT COOKED PEAS STRAWBERRIES MILK
28	29 WG TANGERINE CHICKEN WG STEAMED RICE STEAMED BROCCOLI PEARS MILK	30 WG SPAGHETTI W/ ZESTY MEATSAUCE MIXED GREENS SALAD ITALIAN DRESSING APPLESAUCE MILK	31 WG CHICKEN NUGGETS MASHED POTATOES & COUNTRY GRAVY MIXED VEGETABLES STRAWBERRIES MILK	



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using MypaymentsPlus.com



NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410



WG - Whole Grain

January

Hanthorn Snack Menu

We accept free and reduced-price meal applications all year long. Contact your school for an application. They are also available on-line at: <https://nutrition.isdschools.org/>



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using [MypaymentsPlus.com](https://mypaymentsplus.com)

Monday

Tuesday

Wednesday

Thursday

Friday

	1 	2 OPEN SITE MENU 1-5 YEAR WG CRISPY VEGGIE CRACKERS MILK	3 1-5 YEAR BANANA MILK	4 1-5 YEAR STRING CHEESE WG CRACKERS 100% APPLE JUICE
7	8 1-5 YEAR WG GOLDFISH CRACKERS MILK	9 1-5 YEAR CINNAMON APPLESAUCE CUP MILK	10 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	11 1-5 YEAR STRAWBERRY CUP MILK
14	15 1-5 YEAR WG CRISPY VEGGIE CRACKERS MILK	16 1-5 YEAR WG CHERRY BERRY MUFFIN SQUARES MILK	17 1-5 YEAR BANANA MILK	18 NO SCHOOL
21 	22 1-5 YEAR CINNAMON APPLESAUCE CUP MILK	23 1-5 YEAR WG ORIGINAL GRAHAMS MILK	24 1-5 YEAR ASSORTED YOGURT 100% APPLE JUICE	25 1-5 YEAR STRAWBERRY CUP MILK
28	29 1-5 YEAR WG CRISPY VEGGIE CRACKERS MILK	30 1-5 YEAR WG CHERRY BERRY MUFFIN SQUARES MILK	31 1-5 YEAR BANANA MILK	

NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410



WG - Whole Grain