



Mt. Calvary S.D.A. Jr. Academy

Stand Out!

And do not be conformed to this world but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:2



8 oz. Soy Milk and 1% Plain Milk are served with all meals. Milk options Unflavored, Strawberry or Chocolate 1% Milk. Meals are served with ½ cup of cut fresh fruit/fruit cup or whole fruit (example banana)

This institution is an equal opportunity provider.

January 2025 Breakfast Menu					January 2025 Lunch Menu				
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thurs	Fri
6 1 Cup Assorted Cereal 1 oz. Cheese Toast	7 Breakfast Burrito (Eggs, Stripples, Cheese, tortilla wrap) 1 Slice WW Bread	8 ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	9 6 oz. Low Fat Yogurt 2 Tbsp. Peanut Butter 1 Slice WW Toast	10 2 oz. Pancakes 1 oz. Stripples (2) 1 Slice WW Bread	6 ¾ cup Sauce & Crumbles ½ cup Spaghetti ½ Cup Garden Salad ½ slice WW bread	7 ¼ Cup Black Beans ½ Cup Yellow Rice ¾ Cup Green Beans	8 Haystacks ½ cup pinto Beans or crumbles, 6-8 Tortilla Chips Lettuce, Tomato, Cut corn, Cheese, sour cream, salsa (Optional)	9 Cheese Pizza ½ Cup Corn on the Cob	10 2oz. Hot Dog 1 oz. Hot Dog Bun ½ cup Fries ¾ cup Carrot Sticks
13 1 Cup Assorted Cereal 1 Sausage Link 1 oz. Buttered Toast	14 ½ Cup Grits 1oz. Stripples (2) ½ Cup Shredded Cheese (Optional) 1 Slice Buttered Toast	15 ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	16 ¾ Cup of Cream of Wheat 1 Slice WW Bread	17 2 oz. WW French Toast ¼ Cup Scrambled Eggs	13 1 Cup Baked Ziti w/Crumbles ½ Cup Garden Salad ½ Slice Garlic Bread	14 ½ Cup Seasoned Rice ¼ cup Bar-B-Que Scallops ½ Cup Mixed Vegetables 1 WW Dinner Roll	15 ½ cup Mashed Potato 1 oz. Ground Crumbles w/Gravy ¾ cup Green Beans	16 Cheese Pizza ½ Cup Garden Salad	17 2 oz. Chick'n Nuggets ½ Cup Potato Wedges 1 oz. Buttered Toast ¾ cup Cut Cucumbers ½ cup fries
20 No School 	21 1 Cup Assorted Cereal ½ Cup Scrambled Eggs 1 oz. Buttered Toast	22 ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	23 6 oz. Low Fat Yogurt 2 Tbsp. Peanut Butter 1 Slice WW Buttered Toast	24 2 oz. Pancakes 1 oz. Stripples (2) 1 Slice WW Bread	20 No School 	21 ¼ cup Red Beans Stew ½ cup Yellow Rice ½ Cup Peas and Carrots 1 Slice WW Bread	22 Haystacks ½ cup pinto Beans or crumbles, 6-8 Tortilla Chips Lettuce, Tomato, Cut corn, Cheese, sour cream, salsa (Optional)	23 Cheese Pizza ½ Cup Corn on the Cob	24 Sandwiches 2 oz. Turkey Slices 1 oz. Sliced Cheese Lettuce, Tomato & Pickles Chips
27 1 Cup Assorted Cereal 1 oz. PB Toast	28 ½ Cup Grits 1oz. Stripples (2) ½ Cup Shredded Cheese (Optional) 1 Slice Buttered Toast	29 ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	30 ¾ Cup of Cream of Wheat 1 Slice WW Bread	31 2 oz. WW French Toast ¼ Cup Scrambled Eggs	27 ½ cup Mac & Cheese ¾ cup Green Beans 2 oz. Fri Chic 1 Slice WW Bread	28 ½ Cup Red Beans & Rice 1 Sausage Patty ½ Cup Steamed Broccoli 1 Slice WW Bread	29 1 Cup Shepherd's Pie (taco meat & Peas & Carrots) 1 oz. Garlic Bread	30 Cheese Pizza ¾ cup Cut Cucumbers	31 1 Cup Chili Fries (Crumbles with chili sauce) ½ Cup Shredded Cheese ¾ Cup Cut Corn