

# JANUARY 2023

Estes Park School District

Monday

Tuesday

Wednesday

Thursday

Friday

2

**NO SCHOOL**

**Breakfast:**

Pancake & sausage bites  
**Lunch:**  
Burgers, curly fries, carrot  
dippers

3

**Breakfast:**

Cereal, oatmeal  
**Lunch:**  
Chicken nuggets,  
baked apple

4

**Breakfast:**

Poptart, string cheese  
**Lunch:**  
Homemade quesadilla,  
chicken tortilla soup

5

**Breakfast:**

Yogurt parfait  
**Lunch:**  
Pizza, Caesar salad

6

**Breakfast:**

Scrambled eggs with sausage  
patties  
**Lunch:**  
Hot dog or corn dog, baked  
beans, celery dippers

9

**Breakfast:**

Muffin, craisins  
**Lunch:**  
Ham and cheese wrap,  
chicken noodle soup

10

**Breakfast:**

Cereal, oatmeal  
**Lunch:**  
Chicken sandwich, pasta  
salad

11

**Breakfast:**

Breakfast sandwich  
**Lunch:**  
Ravioli with marinara,  
broccoli with cheese

12

**Breakfast:**

Pancake & sausage bites  
**Lunch:**  
Mozzarella & pepperoni  
breadsticks, pudding

13

16

**NO SCHOOL**

**Breakfast:**

Yogurt, muffin  
**Lunch:**  
BBQ sandwich, potato  
smiles, vegetable medley

17

**Breakfast:**

Cereal, oatmeal  
**Lunch:**  
Chicken fajitas,  
Spanish rice

18

**Breakfast:**

Cheese omelet  
**Lunch:**  
Frito pie, mexi-corn,  
cucumber and tomato salad

19

**Breakfast:**

Breakfast burrito  
**Lunch:**  
Chicken Caesar salad,  
garlic toast

20

**Breakfast:**

Pancake & sausage bites  
**Lunch:**  
Chicken strips, curly fries,  
green beans

23

**Breakfast:**

Bagelful, applesauce  
**Lunch:**  
Soft shell taco, cheesy beans,  
carrot dippers

24

**Breakfast:**

Cereal, oatmeal  
**Lunch:**  
Turkey cheese wrap, corn on  
the cob, pasta salad

25

**Breakfast:**

Cheesy eggs, sausage patty  
**Lunch:**  
Grilled cheese,  
tomato soup

26

**Breakfast:**

Yogurt parfait  
**Lunch:**  
Pizza, garden salad,  
jello with fruit

27

**Breakfast:**

Breakfast sandwich  
**Lunch:**  
Nachos, with pork carnitas,  
refried beans, celery dippers

30

**Breakfast:**

Cinni-minis, craisins  
**Lunch:**  
Chicken fried steak, mashed  
potatoes w/ gravy, candied  
carrots

31

