



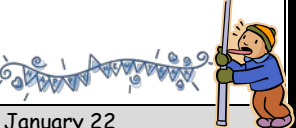



# Bloom-Carroll Carb Count Menu

## January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1% White or Fat Free Chocolate Milk is included with all lunches				
January 4 	<b>Fresh Fruits:</b> Apple-red-19, Apple-gold-22 BBQ Packet- 5, Orange-21, Honey Mustard- 6 <b>Banana-18 Sweet &amp; Sour- 11, Juice Cup:</b> Ketchup- 3 Apple-13 Mustard & Mayo- 0 Orange-13 Chocolate Milk- 24 Grape-19 White Milk- 13	<b>HAPPY NEW YEAR! 2021</b> 	Please remember that you can fill out an application for free and reduced meals online. Just go to our website and you will find the link to apply. Contact us if you have any questions.	January 1 
January 4 <b>Hamburger 28 or Cheeseburger 30 w/ lettuce .5, pickles 0 &amp; tomato 1</b> Baked French Fries 15 Mini Carrots & Dip 8 Diced Peaches 17 Fresh Fruit Choice 18-22	January 5 <b>Baked Chicken Nuggets 16.25 w/ dipping sauce</b> Mashed Potatoes 17 w/ gravy 7 Mini Carrots & Dip 8 Dinner Roll 15 Fruit Cocktail 18 Fresh Fruit Choice 18-22	January 6 <b>Pepperoni Calzone 35</b> Seasoned Corn 16 Mini Carrots & Dip 8 Fruit Punch Box 15 Fresh Fruit Choice 18-22 	January 7 <b>Cinnamon Dutch Waffle 43</b> Scrambled Eggs 1 Baked Tater Tots 17 Mini Carrots & Dip 8 Orange Juice Cup 13 Fresh Fruit Choice 18-22	January 8 <b>Soft Taco 24 w/ cheese 1, lettuce .5, tomato 1</b> Seasoned Black Beans 23 Mini Carrots & Dip 8 Applesauce Cup 17 Fresh Fruit Choice 18-22 Frozen Yogurt Cup 22
January 11 <b>Chicken Patty Sandwich 30 w/ lettuce .5 &amp; tomato 1</b> Baked Potato Starz 17 Mini Carrots & Dip 8 Mandarin Oranges 20 Fresh Fruit Choice 18-22	January 12 <b>Mini Corn Dogs 23</b> Baked Beans 36 Mini Carrots & Dip 8 Chilled Pineapple 11 Fresh Fruit Choice 18-22	January 13 <b>Cheesy Pizza Sticks 30 w/ Dipping Sauce 5</b> Mixed Vegetables 9 Mini Carrots & Dip 8 Diced Pears w/ Cherries 22 Fresh Fruit Choice 18-22	January 14 <b>Chicken &amp; Noodles 21</b> Mashed Potatoes 17 & gravy 7 Mini Carrots & Dip 8 Fresh Apple Slices 7 Fresh Fruit Choice 18-22 Dinner Roll 15	January 15 <b>No School! Teacher Workday</b> 
January 18 <b>No School!</b>  Martin Luther King, Jr. Day	January 19 <b>Fresh Baked Macaroni &amp; Cheese 27</b> Steamed Peas 10 Mini Carrots & Dip 8 Rosy Applesauce 15 Fresh Fruit Choice 18-22	January 20 <b>Pepperoni Stuffed Crust Pizza 35</b> Seasoned Carrots 6 Mini Carrots & Dip 8 Raspberry/Orange Sorbet 20 Fresh Fruit Choice 18-22	January 21 <b>Mandarin Orange Chicken 24</b> Steamed Rice 37 Cheesy Broccoli 11 Mini Carrots & Dip 8 Mandarin Oranges 20 Fresh Fruit Choice 18-22	January 22 <b>Beef &amp; Cheese Haystacks 21 w/ lettuce .5 &amp; tomato 1</b> Cheesy Refried Beans 17 Fruit Cup 19 Fresh Fruit Choice 18-22 Graham Crackers 16
January 25 <b>Crispy Chicken Tenders 16</b> Seasoned Noodles 31 Green Beans 6 Mini Carrots & Dip 8 Fruit Sorbet 20 Fresh Fruit Choice 18-22	January 26 <b>Spaghetti &amp; Meat Sauce 28 w/ Bread Stick 17</b> Fresh Italian Salad 7 Mini Carrots & Dip 8 Tropical Fruit Cup 20 Fresh Fruit Choice 18-22	January 27 <b>Pepperoni Bosco Sticks 32</b> Fresh Tossed Salad 7 Mini Carrots & Dip 8 Diced Peaches 17 Fresh Fruit Choice 18-22	January 28 <b>Boneless Chicken Wings 17</b> Baked French Fries 15 Mini Carrots & Dip 8 Applesauce Cup 17 Fresh Fruit Choice 18-22 Mini Pretzels 16	January 29 <b>Toasty Grilled Cheese 31</b> Tomato Soup 30 w/ crackers 7 Mini Carrots & Dip 8 Cinnamon Applesauce 15 Fresh Fruit Choice 18-22

Student Paid Lunch \$2.90 Free! Student Reduced Lunch \$.40 Free! Adult \$3.70

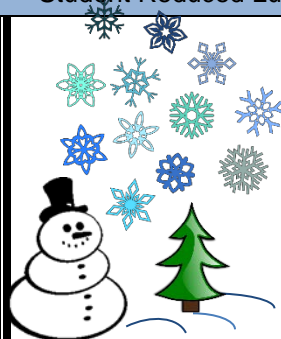
Please contact us if you have any questions about any of our food items.

Marilyn Enyart  
614-834-6751 or marilyn.enyart@bloomcarroll.org

\*\*\*1% White or Fat Free Chocolate Milk is served daily with breakfast and lunch\*\*\*

\*We use only whole grain breads in our meals

\*Fresh fruits & vegetables are available daily



**Breakfast Menu:**  
Trix Bar-30, Cinn Tst Crnch Bar-30, Cocoa Puff Bar-30, PopTart-37, String Cheese-1, Bagel-29, Super Bun-31, Yogurt Cup-20, Goldfish Graham-19, Trix bowl-24, Cinn Tst Crnch bowl-22, Golden Grahams bowl-24, Cocoa Puffs bowl- 25, Lucky Charms bowl- 23, Apple Jacks bowl- 22, Blueberry Mini Waffles-38, Choc Chip Mini French Toast-36, Cinnamon French Toast-37, Mini Pancakes EGGO- 35, Mini Pancakes PILLS- 40, Cinni Mini-40, All breakfast meals come with fresh fruit & juice choices

**Breakfast Prices:** Regular breakfast is free for all students. A la Carte items may be purchased also.

Adult breakfast is \$1.60

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