

**BREAKFAST IS AVAILABLE TO ALL STUDENTS AT NO COST**



**January 2025 Breakfast District Menu**



| <u>MONDAY</u>   | <u>TUESDAY</u>   | <u>WEDNESDAY</u>   | <u>THURSDAY</u>  | <u>FRIDAY</u>  |
|---|--|--|--|--|
| <b>Winter Break</b>   | <b>Winter Break</b>  | <b>Winter Break</b> <sup>1</sup>   | <b>Winter Break</b> <sup>2</sup>   | <b>Winter Break</b> <sup>3</sup>   |
| <b>Institute Day (No School for Students)</b> <sup>6</sup>  | WG Glazed Donut<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>7</sup>   | WG Zee Zee's Birthday Cake Bar<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>8</sup>                | Strawberry Yogurt String Cheese<br>WG Graham Crackers<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>9</sup> | WG Confetti Pancakes<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>10</sup>               |
| WG Giant Cinnamon Goldfish<br>String Cheese<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>13</sup> | WG Cereal Bowl<br>Graham Cracker<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>14</sup>           | WG Cocoa Puffs Cereal Bar<br>String Cheese<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>15</sup>   | WG Berry Apple Crisp Bar<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>16</sup>                             | Whole Grain Maple Flavored Waffles<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>17</sup> |
| <b>Martin Luther King Day (No School)</b> <sup>20</sup>   | WG Strawberry Oatmeal Bar w. String Cheese<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>21</sup> | WG Golden Graham Cereal Bar<br>String Cheese<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>22</sup> | WG Chocolate Chip UBR Bar<br>100% Fruit Juice<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>23</sup>                            | WG Muffin W String Cheese<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>24</sup>          |
| Pop Tart<br>String Cheese<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>27</sup>                   | WG Tiger Bites<br>String Cheese<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>28</sup>            | Warm Cinnamon Crunch Toast Breakfast Bar<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>29</sup>     | WG Cereal Bowl<br>Graham Cracker<br>Just Picked Fresh Fruit<br>100% Fruit Juice<br>Ice Cold Milk <sup>30</sup>                     | WG Confetti Pancakes<br>Just Picked Fresh Fruit<br>Ice Cold Milk <sup>31</sup>               |

**Hello Berwyn, 100!**  
 We're so happy to be here! We are OrganicLife, and we are so excited to fuel you through this school year with delicious healthful meals! We bring better quality, better tasting, better-for-you foods into your cafeterias and aim to keep you happy, healthy, and of course well-fed! We want school lunch to be something you look forward to every day, so please share your feedback.

Each Breakfast Includes Fresh Fruit.

**Milk Choices:**  
 1% White  
 Or  
 Fat Free Chocolate

*Menu may be subject to change*

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**EL DESAYUNO ESTÁ  
DISPONIBLE PARA TODOS LOS  
ESTUDIANTES SIN COSTO  
ALGUNO**



**Enero 2025 Desayuno Menú del  
Distrito**



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| Vacaciones de invierno   | Vacaciones de invierno   | Vacaciones de invierno  | Vacaciones de invierno   | Vacaciones de invierno   |
| Institute Day (No School for Students)   | WG Rosquilla glaseada<br>Fruta Fresca<br>Opción de Leche Fría  | WG Zee Zee's Birthday<br>Cake Bar<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría                       | Yogur de fresa<br>Queso en tiras<br>Galletas WG Graham<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría | Panqueques de confeti<br>WG<br>Fruta Fresca<br>Opción de Leche Fría        |
| WG Giant Cinnamon Goldfish<br>Queso en tiras<br>Fruta Fresca<br>Opción de Leche Fría | Tazón de cereales WG<br>Galleta Graham<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría       | Barra de cereales WG<br>Cocoa Puffs<br>Queso en tiras<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría   | Barra crujiente de manzana WG<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría                          | Waffles integrales con sabor maple<br>Fruta Fresca<br>Opción de Leche Fría |
| Martin Luther King Day (No School)   | Barra de avena y fresa WG con queso en tiras<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría | Barra de cereales WG<br>Golden Graham<br>Queso en tiras<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría | Barra UBR con chispas de chocolate WG<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría                  | WG Muffin con queso en tiras<br>Fruta Fresca<br>Opción de Leche Fría       |
| Tarta Pop<br>Queso en tiras<br>Fruta Fresca<br>Opción de Leche Fría                  | WG Tiger Bites<br>Queso en tiras<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría             | Barra de desayuno tibia<br>Cinnamon Crunch Toast<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría        | Tazón de cereales WG<br>Galleta Graham<br>Fruta Fresca<br>Jugo 100% de Fruta<br>Opción de Leche Fría                 | Panqueques de confeti<br>WG<br>Fruta Fresca<br>Opción de Leche Fría        |

**¡Hola Berwyn, 100!**  
¡Estamos muy contentos de estar aquí! Somos OrganicLife, y estamos muy emocionados de impulsarte a través de este año escolar con deliciosas comidas saludables. Traemos mejor calidad, mejor sabor, y mejores alimentos a sus cafeterías. El objetivo es de mantenerte feliz, sano, y ¡Por supuesto bien alimentado! Nosotros queremos que el almuerzo escolar sea algo que esperes con ansias todos los días, así que compártenos tus comentarios.

**Todo Desayuno Incluye Fruta Fresca.**

**Opciones de Leche:**

1% Blanca  
O  
Chocolate Libre de Grasas

**\*\*Menú Esta Sujeto a Cambios\*\***

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**LUNCH IS AVAILABLE TO ALL STUDENTS AT NO COST**



**Elementary January Menu 2025**



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| 30<br><b>Winter Break</b>  | 31<br><b>Winter Break</b>   | 1<br><b>Winter Break</b>  | 2<br><b>Winter Break</b>  | 3<br><b>Winter Break</b>  |
| 6<br><b>Institute Day (No School for Students)</b>   | 7<br>Baked Mostaccioli w. Dinner Roll or WG Chicken Nuggets<br>Roasted Broccoli<br>Just Picked Fresh Fruit<br>Ice Cold Milk | 8<br>MmmBurger w Cheese or Mixed Green Salad w. WG Dinner Roll<br>Mashed Potatoes<br>Just Picked Fresh Fruit<br>Ice Cold Milk         | 9<br>WG Chicken Tenders<br>4 Star Mac and Cheese<br>French Fries<br>Just Picked Fresh Fruit<br>Ice Cold Milk                  | 10<br>WG Tony's Cheese Pizza Or WG Tony's Sausage Pizza<br>Fresh Baby Carrots<br>Just Picked Fresh Fruit<br>Ice Cold Milk           |
| 13<br>Homestyle Chicken Sandwich on WG Bun or Grilled Cheese on WG Bread<br>French Fries<br>Just Picked Fresh Fruit<br>Ice Cold Milk | 14<br>OL Nachos Supreme or WG Cheese Nachos<br>Refried Beans<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint               | 15<br><b>Pasta Alfredo With WG Garlic Toast or Chicken Alfredo</b><br>Fresh Spinach Salad<br>Just Picked Fresh Fruit<br>Ice Cold Milk | 16<br>Teriyaki Chicken with Rice Or <b>OL Pasta Primavera</b><br>Roasted Broccoli<br>Just Picked Fresh Fruit<br>Ice Cold Milk | 17<br>WG Pepperoni Deep Dish Pizza Or WG Deep Dish Cheese Pizza<br>Steamed Carrots<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint |
| 20<br><b>Martin Luther King Day (No School)</b>  | 21<br><b>Half Day for Students (School Improvement Day)</b>   | 22<br>Mmmburger w. Cheese on WG Bun Or WG Bosco Sticks<br>French Fries<br>Just Picked Fresh Fruit<br>Ice Cold Milk                    | 23<br>Beef Hot Dog Or <b>Dawn's Chef Salad</b><br>Fresh Celery<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint               | 24<br>WG French Bread Cheese Pizza<br>Pepperoni Pizza<br>Steamed Mixed Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk          |
| 27<br>Cheese Filled Breadsticks or Chef Special<br>Green Beans<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint                      | 28<br>OL Nachos Supreme or WG Cheese Nachos<br>Refried Beans<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint               | 29<br>WG Chicken Tenders<br>4 Star Mac and Cheese<br>French Fries<br>Just Picked Fresh Fruit<br>Ice Cold Milk                         | 30<br>Vegetarian Burrito Or WG Corn Dog<br>California Blend<br>Just Picked Fresh Fruit<br>Ice Cold Milk                       | 31<br>WG Pepperoni Pizza Bread Or WG Cheese Pizza Bread<br>Fresh Cucumber Slices<br>Just Picked Fresh Fruit<br>Ice Cold Milk        |

**Hello Berwyn, 100!**  
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**SY 24-25 Meals**  
~Daily Special  
~Vegetarian Option  
~Sun Butter and Jelly on WG Sliced Bread

**Each meal includes:**  
-Fresh Fruit or 100% Fruit Juice

**Milk Choices:**  
**1% White**  
Or  
**Fat Free Chocolate**

\*\*Menu Subject to Change\*\*

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**EL ALMUERZO ESTÁ  
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ESTUDIANTES SIN COSTO  
ALGUNO**



**Menú de Enero de Primaria 2025**



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| 30<br><b>Vacaciones de invierno</b>   | 31<br><b>Vacaciones de invierno</b>  | 1<br><b>Vacaciones de invierno</b>   | 2<br><b>Vacaciones de invierno</b>   | 3<br><b>Vacaciones de invierno</b>  |
| 6<br><b>Institute Day (No School for Students)</b>  | 7<br>Mostaccioli al horno con panecillo o<br>Nuggets de pollo WG<br>Brócoli asado<br>Fruta del Dia<br>Opción de Leche Fría | 8<br>MmmHamburguesa con queso o<br>Ensalada Verde Mixta con WG Dinner Roll<br>Puré de papa<br>Fruta del Dia<br>Opción de Leche Fría    | 9<br>Filetes de pollo WG<br>Macarrones con queso de 4 estrellas<br>Papas fritas<br>Fruta del Dia<br>Opción de Leche Fría | 10<br>WG Tony's Pizza de queso<br>O<br>WG Tony's Pizza de salchicha<br>Zanahorias frescas<br>Fruta del Dia<br>Opción de Leche Fría            |
| 13<br>Sándwich de pollo casero en WG Bun o<br>Queso a la parrilla sobre pan WG<br>French Fries<br>Fruta del Dia<br>Opción de Leche Fría | 14<br>OL Nachos Supreme or<br>WG Cheese Nachos<br>Frijoles refritos<br>Fruta del Dia<br>Opción de Leche Fría               | 15<br>Pasta Alfredo con tostada de ajo WG o<br>pollo Alfredo<br>Ensalada de espinacas frescas<br>Fruta del Dia<br>Opción de Leche Fría | 16<br>Pollo teriyaki con arroz<br>O<br>OL Pasta Primavera<br>Brócoli asado<br>Fruta del Dia<br>Opción de Leche Fría      | 17<br>WG Pepperoni Pizza de plato hondo<br>O WG Pizza de queso de plato hondo<br>Zanahorias al vapor<br>Fruta del Dia<br>Opción de Leche Fría |
| 20<br><b>Martin Luther King Day (No School)</b>   | 21<br><b>Half Day for Students (School Improvement Day)</b>  | 22<br>Mmmburger w. Queso en panecillo WG<br>O palos WG Bosco<br>Papas fritas<br>Fruta del Dia<br>Opción de Leche Fría                  | 23<br>Hot Dog o<br>Ensalada Dawn's Chef<br>Apio fresco<br>Fruta del Dia<br>Opción de Leche Fría                          | 24<br>WG Pan Francés Queso Pizza<br>Pepperoni Pizza<br>Verduras mixtas al vapor<br>Fruta del Dia<br>Opción de Leche Fría                      |
| 27<br>Palitos de pan rellenos de queso o<br>Especial del Chef<br>Green Beans<br>Fruta del Dia<br>Opción de Leche Fría                   | 28<br>OL Nachos Supreme or<br>WG Cheese Nachos<br>Frijoles refritos<br>Fruta del Dia<br>Opción de Leche Fría               | 29<br>Filetes de pollo WG<br>Macarrones con queso de 4 estrellas<br>Papas fritas<br>Fruta del Dia<br>Opción de Leche Fría              | 30<br>Burrito Vegetariano O<br>WG Corn Dog<br>Mezcla de Verduras<br>Fruta del Dia<br>Opción de Leche Fría                | 31<br>Pan de pizza de pepperoni WG<br>O pan de pizza de queso WG<br>Rodajas de pepino fresco<br>Fruta del Dia<br>Opción de Leche Fría         |

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**SY 24-25 Comidas**

-Especial del día  
~Opción vegetariana  
~Mantequilla de sol y mermelada en pan de grano entero.

**Cada comida incluye:**  
-Fruta fresca o jugo 100% de fruta

Opciones de leche:  
1% Blancos  
O  
Chocolate sin grasa

\*\*Menú sujeto a cambios\*\*

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**January 2025 Lunch Menu**  
**Heritage & Freedom MS**



BERWYN SOUTH  
SCHOOL DISTRICT 100

**LUNCH IS AVAILABLE TO ALL STUDENTS AT NO COST**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |   |   |  |   |
|--|---|---|--|---|
| 30<br><b>Winter Break</b>  | 31<br><b>Winter Break</b>   | 1<br><b>Winter Break</b>  | 2<br><b>Winter Break</b>   | 3<br><b>Winter Break</b>  |
| 6<br><b>Institute Day (No School for Students)</b>   | 7<br>Baked Mostaccioli w. Dinner Roll<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk        | 8<br>BYO Burger Bar<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk                    | 9<br>BYO Salad Bar<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint             | 10<br>Walking Taco<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint  |
| 13<br>Beef Enchiladas<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint    | 14<br>Taco Tuesday!<br>Sandy's Taco Bar<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint | 15<br>Mia Pasta Station<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk                | 16<br>BYO Burrito<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint              | 17<br>Buffalo Chicken Melt<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint                                  |
| 20<br><b>Martin Luther King Day (No School)</b>  | 21<br><b>Half Day for Students (School Improvement Day)</b>   | 22<br>Baked Mostaccioli w. Dinner Roll<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk | 23<br>BYO Sub Sandwich Station<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint | 24<br>Chicken Fajita Bowl<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint                                   |
| 27<br>Chicken Quesadilla<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint | 28<br>Taco Tuesday!<br>Sandy's Taco Bar<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint | 29<br>BBQ Rib Sandwich<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint            | 30<br>SalchiPapas Bowl<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint         | 31<br>BYO Wings (Honey Sriracha BBQ, Buffalo, Sweet & Sour)<br>Seasonal Farm Veggies<br>Just Picked Fresh Fruit<br>Ice Cold Milk Pint |

**Daily Middle School Lunch Choices:**

- Luigis Pizza
  - Cheese
  - Pepperoni
  - Pizza of the Day

**MmmBurger Grill**

- Homestyle Chicken Sandwich
- Spicy Chicken Sandwich
- Cheeseburger

- Sun Butter and Jelly Sandwich

- Grab & Go Salads

- Deli Subs/ Wraps

- Milk Choices:**  
**1% White**  
**Or**  
**Fat Free Chocolate**

\*\*Menu Subject to Change\*\*

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PARA TODOS LOS ESTUDIANTES  
SIN COSTO ALGUNO**



**January 2025 Menu de  
Almuerzo Heritage & Freedom  
MS**



**BERWYN SOUTH  
SCHOOL DISTRICT 100**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |   |   |  |
|--|--|---|---|--|
| 30<br><b>Winter Break</b>  | 31<br><b>Winter Break</b>  | 1<br><b>Winter Break</b>  | 2<br><b>Winter Break</b>  | 3<br><b>Winter Break</b>   |
| 6<br><b>Institute Day (No School for Students)</b>   | 7<br>Mostaccioli al horno con panecillo<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria | 8<br>BYO Burger Bar<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria                      | 9<br>BYO Salad Bar<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria             | 10<br>Walking Taco<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria  |
| 13<br>Enchiladas de Carne<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria | 14<br>Taco Tuesday!<br>Sandy's Taco Bar<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria | 15<br>Mia Pasta Station<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria                  | 16<br>BYO Burrito<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria              | 17<br>Pollo Buffalo, Derretido<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria                              |
| 20<br><b>Martin Luther King Day (No School)</b>  | 21<br><b>Half Day for Students (School Improvement Day)</b>  | 22<br>Mostaccioli al horno con panecillo<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria | 23<br>BYO Sub Sandwich Station<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria | 24<br>Tazón de fajita de pollo<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria                              |
| 27<br>Quesadilla de pollo<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria | 28<br>Taco Tuesday!<br>Sandy's Taco Bar<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria | 29<br>BBQ Rib Sandwich<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria                   | 30<br>SalchiPapas Bowl<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria         | 31<br>BYO Wings (Honey Sriracha BBQ, Buffalo, Sweet & Sour)<br>Verdura de Temporada<br>Fruta del Dia<br>Opcion de Leche Fria |

**Opciones de Almuerzo Diarias:**

- Luigi's Pizza
  - Queso
  - Pepperoni
  - Pizza del Dia

**MmmBurger Grill**

- Sándwich de Pollo Estilo Casero
- Sándwich de Pollo Picante Estilo Casero
- Hamburguesa con Queso

- Sándwich de Mantequilla de Girasol con Jalea

- Ensaladas Para Llevar

- Deli Subs/ Wraps

**Opciones de Leche:**

- 1% Blanca
- O
- Chocolate Libre de Grasas

**\*\*Menu Está Sujeto a Cambios \*\***

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