**EPIC CHARTER SCHOOLS - January 2021**

*White Milk, Fat Free Chocolate Milk, and Water Served Daily*

*menus subject to change without notice*

*This Institution is an equal opportunity provider.*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4/21</td>
<td>1/5/21</td>
<td>1/6/21</td>
<td>1/7/21</td>
<td>1/8/21</td>
</tr>
</tbody>
</table>
| Turkey & Swiss  
Fresh Veggies w/ Ranch  
Baked Sun Chips  
Fresh Apple | Chicken Salad Sandwich  
Baby Carrots w/ Ranch  
Baked Sun Chips  
Fresh Fruit | Grilled Chicken Wrap  
Romaine Salad & Ranch  
Carrot Sticks & Celery  
Diced Fruit Cup | Ham & American  
Fresh Veggies w/ Hummus  
Baked Sun Chips  
Fresh Fruit | Club Wrap on Wheat Tortilla  
Broccoli Salad  
Diced Fruit Cup  
Snack Bar |
| 1/11/21 | 1/12/21 | 1/13/21 | 1/14/21 | 1/15/21 |
| Turkey & Swiss  
Fresh Veggies w/ Ranch  
Baked Sun Chips  
Fresh Apple | Chicken Salad Sandwich  
Baby Carrots w/ Ranch  
Baked Sun Chips  
Fresh Fruit | Grilled Chicken Wrap  
Romaine Salad & Ranch  
Carrot Sticks & Celery  
Diced Fruit Cup | Ham & American  
Fresh Veggies w/ Hummus  
Baked Sun Chips  
Fresh Fruit | Club Wrap on Wheat Tortilla  
Broccoli Salad  
Diced Fruit Cup  
Snack Bar |
| 1/18/21 | 1/19/21 | 1/20/21 | 1/21/21 | 1/22/21 |
| MLK DAY | Chicken Salad Sandwich  
Baby Carrots w/ Ranch  
Baked Sun Chips  
Fresh Fruit | Grilled Chicken Wrap  
Romaine Salad & Ranch  
Carrot Sticks & Celery  
Diced Fruit Cup | Ham & American  
Fresh Veggies w/ Hummus  
Baked Sun Chips  
Fresh Fruit | Club Wrap on Wheat Tortilla  
Broccoli Salad  
Diced Fruit Cup  
Snack Bar |
| 1/25/21 | 1/26/21 | 1/27/21 | 1/28/21 | 1/29/21 |
| Turkey & Swiss  
Fresh Veggies w/ Ranch  
Baked Sun Chips  
Fresh Apple | Chicken Salad Sandwich  
Baby Carrots w/ Ranch  
Baked Sun Chips  
Fresh Fruit | Grilled Chicken Wrap  
Romaine Salad & Ranch  
Carrot Sticks & Celery  
Diced Fruit Cup | Ham & American  
Fresh Veggies w/ Hummus  
Baked Sun Chips  
Fresh Fruit | Club Wrap on Wheat Tortilla  
Broccoli Salad  
Diced Fruit Cup  
Snack Bar |

**BREAKFAST - REPEATS WEEKLY**

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
</table>
| Assorted Cereal  
Diced Fruit  
Breakfast Bar  
Milk 1% or FF  
Juice Box  
Water Available | Assorted Cereal  
Diced Fruit  
Breakfast Bar  
Milk 1% or FF  
Juice Box  
Water Available | Assorted Cereal  
Diced Fruit  
Breakfast Bar  
Milk 1% or FF  
Juice Box  
Water Available | Assorted Cereal  
Diced Fruit  
Breakfast Bar  
Milk 1% or FF  
Juice Box  
Water Available | Assorted Cereal  
Diced Fruit  
Breakfast Bar  
Milk 1% or FF  
Juice Box  
Water Available |

**SNACK - REPEATS WEEKLY**

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
</tr>
</thead>
</table>
| Whole Grain Sun Chips  
Juice Box | Cereal Bar  
Juice Box | Pretzels  
Juice Box | Graham Crackers  
Juice Box | Apple Sauce  
Juice Box |