**** HMONG COLLEGE PREP ACADEMY** Breakfast

| Monday, January 2nd | Tuesday, January 3rd | Wednesday, January 4th | Thursday, January 5th | Friday, January 6th |
|--|---|--|---|--|
| No School: New Year's Observed | ASYNCHRONOUS DAY | ASYNCHRONOUS DAY | ASYNCHRONOUS DAY | |
| | Cheesy Scrambled Eggs | Cinnamon Rolls | Sausage Links | Scrambled Eggs |
| | Goldfish Cracker | Fruit | Brown Rice | Fruit |
| | Fruit | Juice | Fruit | Juice |
| | Juice | Milk | Juice | Milk |
| | Milk | | Milk | |
| | Alt: Assorted Cereal & Golden Crackers | Alt: Assorted Cereal & Golden Crackers | Alt: Assorted Cereal & Golden Crackers | Alt: Assorted Cereal & Golden Crackers |
| Monday, January 9th | Tuesday, January 10th | Wednesday, January 11th | Thursday, January 12th | Friday, January 13th |
| | | | | |
| Cinnamon Rolls | Sausage Links | Breakfast Pizza | Fried Rice | Kopia |
| Fruit | Brown Rice | Fruit | Fruit | Fruit |
| Juice | Fruit | Juice | Juice | Juice |
| Milk | Juice | Milk | Milk | Milk |
| | Milk | | | |
| Alt: Assorted Cereal & Golden Crackers | Alt: Assorted Cereal & Golden Crackers | Alt: Assorted Cereal & Golden Crackers | Alt: Assorted Cereal & Golden Crackers | Alt: Assorted Cereal & Golden Crackers |
| Monday, January 16th | Tuesday, January 17th | Wednesday, January 18th | Thursday, January 19th | Friday, January 20th |
| No School: MLK Day Monday, January 23rd Pancake on a Stick Fruit Juice | Cheesy Scrambled Eggs Goldfish Cracker Fruit Juice Milk Alt: Assorted Cereal & Golden Crackers Tuesday, January 24th Sticky Rice and Bacon Goldfish Cracker Fruit | Cinnamon Rolls Fruit Juice Milk Alt: Assorted Cereal & Golden Crackers Wednesday, January 25th Bacon, Egg & Cheese Sandwich Fruit Juice | Sausage Links Brown Rice Fruit Juice Milk Alt: Assorted Cereal & Golden Crackers Thursday, January 26th Kopia Whole Grain Toast Fruit | Breakfast Pizza Fruit Juice Milk Alt: Assorted Cereal & Golden Crackers Friday, January 27th No School: Semester 1 Ends |
| Milk Alt: Assorted Cereal & Golden Crackers | Juice Milk Alt: Assorted Cereal & Golden Crackers | Milk Alt: Assorted Cereal & Golden Crackers | Juice Milk Alt: Assorted Cereal & Golden Crackers | |
| Monday, January 30th | Tuesday, January 31st | Wednesday | Thursday | Friday |
| Sausage Patty Brown Rice Fruit Juice Milk Alt: Assorted Cereal & Golden Crackers | Cheesy Scrambled Eggs Goldfish Cracker Fruit Juice Milk Alt: Assorted Cereal & Golden Crackers | | | |

All students at a minimum must grab 1/2 cup of vegetables or fruits along with two other items on their tray for breakfast and lunch. If there are any questions or concerns about the menu, please contact the Food Department @ fooddepartment@hcpak12.org
Menu items can change without notice

***** HMONG COLLEGE PREP ACADEMY**

Lunch

| Monday, January 2nd | Tuesday, January 3rd | Wednesday, January 4th | Thursday, January 5th | Friday, January 6th |
|---|---|---|---|---|
| wonday, January Zhu | ASYNCHRONOUS DAY | ASYNCHRONOUS DAY | ASYNCHRONOUS DAY | Fliday, Jaliualy out |
| | | | | Chappehurrer |
| | Cheeseburger | Red Curry Noodle Soup | Chicken Tenders | Cheeseburger |
| | Potato Chips | Whole Grain Roll | Tater Tots | Potato Chips |
| No. Osho shi New Yearda Ohaamaad | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| No School: New Year's Observed | Tresh vegetable | Fresh Vegetable | Fresh Vegetable | Fresh Vegetable |
| | Milk | Milk | Milk | Milk |
| | Alt Hot Box: Pepperoni & | Alt Hot Box: Pepperoni & | Alt Hot Box: Pepperoni & | Alt Hot Box: Pepperoni & |
| | Sausage Pizza | Sausage Pizza | Sausage Pizza | Sausage Pizza |
| | Alt: Ham & Cheese Sandwich | Alt: Ham & Cheese Sandwich | Alt: Ham & Cheese Sandwich | Alt: Ham & Cheese Sandwich |
| Monday, January 9th | Tuesday, January 10th | Wednesday, January 11th | Thursday, January 12th | Friday, January 13th |
| | | | | |
| Chicken Tenders | Red Curry Noodle Soup | Walking Taco | Pork & Cabbage Soup | Hotdog |
| Tator Tots | Whole Grain Roll | Fresh Fruit | Brown Rice | Chips |
| Fresh Fruit | Fresh Fruit | Fresh Vegetable | Fresh Fruit | Fresh Fruit |
| Fresh Vegetable | Fresh Vegetable | Milk | Fresh Vegetable | Fresh Vegetable |
| Milk | Milk | | Milk | Milk |
| Alt Hot Box: Spicy Chicken Sandwich | Alt Hot Box: Spicy Chicken Sandwich | Alt Hot Box: Spicy Chicken Sandwich | Alt Hot Box: Spicy Chicken Sandwich | Alt Hot Box: Spicy Chicken Sandwich |
| Alt: Turkey & Cheese Sandwich | Alt: Turkey & Cheese Sandwich | Alt: Turkey & Cheese Sandwich | Alt: Turkey & Cheese Sandwich | Alt: Turkey & Cheese Sandwich |
| Monday, January 16th | Tuesday, January 17th | Wednesday, January 18th | Thursday, January 19th | Friday, January 20th |
| | | | | |
| | Chicken Stir Fry | Pho | BBQ Riblet Sandwich | Chicken Alfredo |
| | Brown Rice | Whole Grain Roll | Tater Tots | Whole Grain Roll |
| | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| No School: MLK Day | Fresh Vegetable | Fresh Vegetable | Fresh Vegetable | Fresh Vegetable |
| | Milk | Milk | Milk | Milk |
| | Alt Hot Box: Chicken Bahn Mi Sandwhich | Alt Hot Box: Chicken Bahn Mi Sandwhich | Alt Hot Box: Chicken Bahn Mi Sandwhich | Alt Hot Box: Chicken Bahn Mi Sandwhich |
| | Alt: Ham & Cheese Sandwich | Alt: Ham & Cheese Sandwich | Alt: Ham & Cheese Sandwich | Alt: Ham & Cheese Sandwich |
| Monday, January 23rd | Tuesday, January 24th | Wednesday, January 25th | Thursday, January 26th | Friday, January 27th |
| | | | | |
| Mostaccioli | Pork Stir Fry | Grilled Cheese Sandwich | Beef Laab | |
| Whole Grain Roll | Brown Rice | Tomato Soup | Brown Rice | |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | |
| Fresh Vegetable | Fresh Vegetable | Fresh Vegetable | Fresh Vegetable | No School: Semester 1 Ends |
| Milk | Milk | Milk | Milk | |
| Alt Hot Box: Double | Alt Hot Box: Double | Alt Hot Box: Double | Alt Hot Box: Double | |
| Cheeseburger Alt: Turkey & Cheese Sandwich | Cheeseburger Alt: Turkey & Cheese Sandwich | Cheeseburger Alt: Turkey & Cheese Sandwich | Cheeseburger Alt: Turkey & Cheese Sandwich | |
| | , , | | | Friday |
| Monday, January 30th | Tuesday, January 31st | Wednesday | Thursday | Friday |
| Cheeseburger | Korean Beef | | | |
| Tater Tots | Brown Rice | | | |
| | | | | |
| Fresh Fruit | Fresh Fruit | | | |
| Fresh Vegetable | Fresh Vegetable | | | |
| Milk | Milk | | | |
| Alt Hot Box: Asian Pulled Pork Sandwich w/ Cole Slaw | Alt Hot Box: Asian Pulled Pork Sandwich w/ Cole Slaw | | | |
| Alt: Ham & Cheese Sandwich | Alt: Ham & Cheese Sandwich | | | |

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Menu items can change without notice

HMONG COLLEGE PREP ACADEMY

Dinner

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