

JANUARY Lunch Menu

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5 W/G Mini Cheese Quesadillas - 3
Mixed Vegetables - 1/2c
Diced Peach Cup - 1/2c
1% White Milk-6 oz.

6 French Toast Sticks-3 w/Syrup
Turkey Sausage Links- 2oz.
Fresh Baby Carrots w/ Dip-3/4c.
Applesauce Cup - 1/2 c.
1% White Milk-6 oz.

7 Cheese Lasagna with Meat Sauce-4 oz.
Green Beans-1/2 c.
Whole Wheat Dinner Roll - 1
Fresh Banana-1
1% White Milk-6 oz.

8 Macaroni & Cheese - 6oz.
Mixed Vegetables - 1/2c
Whole Grain Bread -1
Fresh Apple-1
1% White Milk-6 oz.

9 Whole Wheat 3x5 Cheese Pizza-1
Romaine Salad w/ Dressing-1 c.
Fresh Orange-1
Mozzarella Cheese Sticks-1
1% White Milk-6 oz.

12 Salisbury Steak -2oz. w/ Gravy
Tater Tots - 1/2c
Mixed Fruit Cup-1/2c
Whole Wheat Dinner Roll -1
1% White Milk-6 oz.

13 Chicken-3.8 oz. w/ Sweet & Sour Sauce
Green Beans-1/2 c.
Fresh Apple-1
Bread - 1
1% White Milk-6 oz.

14 All Beef Hamburger on a Whole Wheat Bun-1
Diced Carrots-3/4 c.
Fresh Banana-1
1% White Milk-6 oz.

15 Grilled Chicken Fillet with Gravy-3 oz.
Mashed Potatoes-1/2 c.
Applesauce Cup-1/2 c.
Whole Grain Bread -1
1% White Milk-6 oz.

16 W/G Pizza Crunchers-4
Romaine Salad w/ Dressing-1 c.
Fresh Orange-1
1% White Milk-6 oz.

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20 School closed

21 BBQ Beef Riblet on Wheat Hamburger Bun - 1
French Fries - 1/2c.
Fresh Apple-1
1% White Milk-6 oz.

22 Tri Color Tortellini with Alfredo Sauce - 3oz
Diced Carrots-3/4 c.
Diced Pear Cup-1/2 c.
Whole Grain Bread-1
1% White Milk-6 oz.

23 Chicken Meatballs w/ Teriyaki- 3oz.
Mixed Vegetables - 1/2c.
Fresh Apple-1
Dinner Roll -1
1% White Milk-6 oz.

24 Cheese Pizza-1
Romaine Salad w/ Dressing-1 c.
Fresh Orange-1
Mozzarella Cheese Sticks-1
1% White Milk-6 oz.

26 Basil & Mozzarella Meatballs w/ Sauce - 3oz.
Corn - 1/2c.
Applesauce-1/2c
Wheat Dinner Roll - 1
1% White Milk-6 oz.

27 W/G Chicken Nuggets - 3.5oz
Diced Carrots - 3/4c
Fresh Orange - 1
Whole Grain Bread - 1
1% White Milk-6 oz.

28 Hot Turkey w/ Gravy- 3oz
Mashed Potatoes - 1/2c
Fresh Apple - 1
Wheat Dinner Roll - 1
1% White Milk-6 oz.

29 Macaroni & Cheese 6oz.
Mixed Vegetables - 1/2c
Whole Grain Bread -1
Fresh Banana - 1
1% White Milk-6 oz.

30 W/G Pizza Bagel - 5oz
Romaine Salad w/ Dressing-1 c.
Fresh Orange-1
1% White Milk-6 oz.