



# LUNCH MENU JANUARY 2022

This institution is an equal opportunity provider.  
Serving Sizes are as follows: School Age – m/ma 2oz, fruit ½ c, vegetables ¼ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

WG = Whole Grain  
Fruit options vary when in season and will be rotated based on availability:  
Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 3</b> <b>Hamburger w/ American Cheese</b> WG Sandwich Roll Tator Tots Fruit Milk <b>Veggie Burger</b>	<b>January 4</b> <b>Grilled Chicken</b> WG Buttered Noodles Mixed Vegetables Fruit Milk <b>Tofu</b>	<b>January 5</b> <b>Turkey Ham &amp; Cheese Sandwich</b> Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>January 6</b> <b>WG Chicken Nuggets</b> Potato Wedges Ketchup Fruit Cocktail Milk <b>Veggie Patty on Wheat Bread</b>	<b>January 7</b> <b>WG Cheese Pizza</b> Carrot Sticks (cooked carrots) Ranch Fruit Milk
<b>January 10</b> <b>Turkey &amp; Cheese on WW Bread</b> Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>January 11</b> <b>Mac and Cheese w/ WG Pasta</b> Cooked Broccoli Fruit Milk	<b>January 12</b> <b>Roast Beef and American Cheese</b> WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk <b>Cheese Sandwich</b>	<b>January 13</b> <b>Swedish Meatballs</b> WG Buttered Noodles Corn Fruit Milk <b>Veggie Meatballs</b>	<b>January 14</b> <b>WG Pizza w/ Turkey Sausage</b> String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk <b>WG Cheese Pizza</b>
<b>January 17</b>	<b>January 18</b> <b>BBQ Meatballs</b> Brown Rice Fresh Broccoli w/ Ranch Fruit Milk <b>Veggie Meatballs</b>	<b>January 19</b> <b>Grilled Chicken</b> Garden Salad w/ Cheese & Tomato Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk <b>Edamame</b>	<b>January 20</b> <b>Turkey Sausage</b> WG French Toast Breakfast Potatoes Fruit Milk <b>Veggie Sausage</b>	<b>January 21</b> <b>WG Cheese Pizza</b> Carrot Sticks (cooked carrots) Ranch Fruit Milk
<b>January 24</b> <b>Beef BBQ</b> WG Sandwich Roll Potato Wedges Ketchup Fruit Milk <b>Veggie Patty on Wheat Bread</b>	<b>January 25</b> <b>Scrambled Eggs w/ Cheese</b> WG English Muffin Breakfast Potatoes Fruit Milk	<b>January 26</b> <b>Turkey and American on WG Bun</b> Mayo Side Garden Salad w/ Italian Dressing ( <i>Diced and Peeled Cucumber</i> ) Fruit Milk <b>SunButter &amp; Grape Fruit Spread Sandwich on WW Bread</b>	<b>January 27</b> <b>Beef and Cheese Taco</b> WG Flour Tortilla Corn & Black Bean Salad Fruit Milk <b>Bean Taco</b>	<b>January 28</b> <b>WG Pizza w/ Turkey Sausage</b> String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk <b>WG Cheese Pizza</b>
<b>January 31</b> <b>Roast Turkey w/ Gravy</b> WW Bread Green Beans Cranberry Applesauce Milk <b>Tofurky w/ Gravy</b>				