



Lunch Menu January 2023

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
January 2 School Holiday	January 3 Turkey Sausage String Cheese WG French Toast Breakfast Potatoes Fruit Milk	January 4 Turkey & Cheddar Cheese on WW Bread Fresh Broccoli Garbanzo Beans Mayonnaise Fruit Milk	January 5 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk	January 6 Early Dismissal
January 9 Turkey Ham Steak Whole Wheat Bread Peas & Baked Beans Fruit Milk	January 10 Beef BBQ on WG Bun Sweet Potato Fries Fruit Milk	January 11 SW Chicken Wrap on WG Flour Tortilla w/ Cheddar Cheese & Salsa Ranch Dressing Fresh Broccoli w/ Ranch Fruit Milk	January 12 Curry Chicken over Brown Rice Green Beans Fruit Milk "National Curry Chicken Day"	January 13 English Muffin Breakfast Potatoes Fruit Milk
January 16 School Holiday	January 17 Sweet & Sour Chicken Brown Rice Mixed Vegetables Fruit Milk	January 18 Turkey Ham & Cheddar Cheese on WW Bread Fresh Broccoli Fruit Mayo Milk	January 19 Beef Chili Brown Rice Cooked Carrots Shredded Cheddar Cheese Fruit Milk	January 20 Hamburger w/ Cheddar Cheese WG Sandwich Bun Baked Potato Ketchup Fruit Milk
January 23 Baked Ziti w/ Ground Beef <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Mixed Vegetables Fruit Milk	January 24 WG Chicken Tenders Mashed Potatoes Honey Mustard Fruit Milk	January 25 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Fresh Broccoli Fruit Milk	January 26 Swedish Meatballs WG Pasta w/ Butter Cooked Carrots Fruit Milk	January 27 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Garbanzo Beans Fruit Milk
January 30 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) Dinner Roll Fruit Milk	January 31 BBQ Chicken Patty WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk	February 1 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese & Garbanzo Beans WG Dinner Roll Caesar Dressing Fruit Milk	February 2 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk	February 3 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks w/ Ranch Fruit 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