

JANUARY

2023

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Turkey Hot Dog ^+ 2 oz M 1.75 oz G Tater Tots 1/2 cup V Applesauce 1/2 cup F	4 Popcorn Chicken ^+ 1.5M .5 G Side Salad 1/2 cup V Banana 1/2 cup F	5 Bean & Cheese Burrito ^+ \$@ 2M, 2 G Fresh Grapes 1/2 cup F Carrots 1/2 cup V	6 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Side Salad 1/2 cup V Tangerine .5 Cup F
9 TacoNada ^+@ 2 oz M, 2 oz G Side Salad 1/2 cup V Frozen Fruit Bar 1/2 cup F	10 UPSIDE DOWN DAY! Pancake Breakfast Bowl \$%^+ 2M, 1G Celery Sticks 1/4 cup V Applesauce 1/2 cup F	11 Cheese enchiladas ^+ \$@ 1.5M, 1.5G Side Salad 1/2 cup V Apple Slices .5 Cup F	12 Chicken Nuggets \$+^@ 1.5M, .5G Banana 1/2 cup F Tater Tots 1/2 cup V	13 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Grape Tomatoes 1/2 cup V Tangerine .5 Cup F
16 NO SCHOOL	17 Chicken Patty %\$^+ 2 oz M 3oz G Carrots 1/4 cup V Applesauce 1/2 cup F	18 Double Dogs 1.5M, 1.5G Side Salad 1/2 cup V Apple Slices .5 Cup F	19 Ravioli w/Marinara ^%@+ 1.5M, .5G Fresh Grapes 1/2 cup F Side Salad 1/2 cup V	20 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Carrots 1/2 cup V Tangerine .5 Cup F
23 TacoNada ^+@ 2 oz M, 2 oz G Side Salad 1/2 cup V Frozen Fruit Bar 1/2 cup F	24 UPSIDE DOWN DAY! Waffle Breakfast Bowl %^+ 2M, 1G Applesauce 1/2 cup F Carrots 1/4 cup V	25 Grilled Cheese Sandwich ^+@ 2 oz M, 1.5 oz G Side Salad 1/2 cup V Fruit Cocktail 1/2 cup F	26 Chicken Nuggets \$+^@ 1.5M, .5G Tater Tots 1/2 cup V Apple Slices 1/2 cup F	27 PIZZA FRIDAY! Cheese Pizza \$+^@ 1G 1.5M Carrots 1/2 cup V Tangerine .5 Cup F
30 Lasagna Roll up ^-@ 2 oz M, 2 oz G Side Salad 1/2 cup V Diced Peaches 1/2 cup F	31 Turkey Hot Dog ^+ 2 oz M 1.75 oz G Tater Tots 1/2 cup V Applesauce 1/2 cup F			

**All lunches
Are served with
1% Milk
8oz. M**

Peanuts!!
 Pork* Beef#
 Whey+ Soy\$
 Corn> Wheat+
 Milk@ Gluten^

**ALL GRAINS ARE WHOLE
GRAIN RICH**

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