

Lunch K-8

JANUARY 2025

MON	TUE	WED	THU	FRI
		1	2	3
6 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple	7 Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	8 Crispy Chicken Sandwich w/ Hot Sauce or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	9 Adobo Chicken w/ Cilantro Brown Rice or NEW! Bean & Cheese Burrito (V) Street Corn Fresh Banana	10 Cheese Pizza (V) or Chicken Breast Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Fresh Apple
13 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Sour Cream & Street Corn (V) Fresh Apple	14 Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Cheese & Beans (V) Fresh Pear	15 Beef Cheeseburger w/ Ketchup Baby Carrots w/ Ranch Dressing or Cheese Ravioli w/ Tomato Sauce & Green Beans (V) Fresh Apple	16 Turkey Chili w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	17 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Pizza (V) Garden Salad & Ranch Dressing Fresh Apple
20	21 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear	22 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	23 Chicken Caesar Salad w/ Pita Bread and Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	24 Chicken Breast Sandwich w/ Mayo or NEW! White Cheese Pizza Foldover (V) Baby Carrots w/ Ranch Dressing Fresh Apple
27 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	28 NEW! Jerk Chicken w/ Brown Rice & Black Beans or Veggie Burger w/ Mayo & Stewed White Beans (V) Fresh Pear	29 Spaghetti and Beef Meatballs in Tomato Sauce w/ Broccoli or Thai Noodle Bowl (V) Garden Salad w/ Italian Dressing Fresh Apple	30 Cheesy Crispy Chicken Biscuit Sandwich Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Banana	31 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Sandwich Fresh Apple

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are lowfat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally grown component planned daily.

Menus subject to change.

Vegetarian Meal Options are indicated with a "V"

