

Lunch K-8

JANUARY 2026

MON	TUE	WED	THU	FRI
5 General Tso's Chicken w/ Brown Rice & Broccoli or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Apple	6 Beef Cheeseburger w/ Ketchup or Bean & Cheese Burrito (V) Street Corn Fresh Pear	7 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes (V) Fresh Apple	8 Southwest Salad w/ Chicken & Ranch Dressing Corn Muffin or Pasta in Tomato Sauce w/ Mozzarella Cheese & Broccoli (V) Fresh Banana	9 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
12 BBQ Chicken w/ Brown Rice & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	13 Salisbury Steak w/ Gravy & Mashed Potatoes or Vegetarian Chili w/ Corn (V) Whole-Grain Bread Fresh Orange	14 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	15 Turkey Hot dog w/ ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Sweet Potatoes Fresh Banana	16 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple
19 Adobo Chicken w/ Brown Rice & Corn or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Apple	20 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Applesauce	21 Turkey Chili w/ Brown Rice & Steamed Carrots or Cheese Lasagna w/ Tomato Sauce & Green Beans Fresh Apple	22 Breaded Chicken Sandwich w/ Hot Sauce or Cheese Quesadilla w/ Taco Sauce (V) Side Salad w/ Ranch Dressing Fresh Banana	23 Turkey Ham & Cheese Sandwich w/ Mustard or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
26 Adobo Chicken w/ Brown Rice & Corn or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Apple	27 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Orange	28 BBQ Meatballs w/ Broccoli Whole-Grain Club Roll or Cobb Salad w/ Ranch Dressing & Corn Muffin Fresh Apple	29 Chicken Dumplings w/ Vegetable Medley or NEW! Stir "Fried" Rice w/ Egg & Vegetables (V) Fresh Banana	30 Chicken Salad Ciabatta Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing 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 low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



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