



**Main Lunch Menu  
January 2024**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5<sup>th</sup> Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or

1% unflavored or flavored milk 8oz

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

9<sup>th</sup> – 12<sup>th</sup> Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 1</b>  <b>HAPPY NEW YEAR!</b>	<b>January 2</b> <b>Grilled Chicken Breast</b> WG Bun Cooked Carrots Fruit Milk <b>Veggie Burger</b>	<b>January 3</b> <b>WG Pasta w/Meat Sauce</b> Peas Fruit Milk <b>Veggie Meatballs</b>	<b>January 4</b> <b>Turkey Ham and Cheese on WG Bun</b> Chic Pea Salad Mayonnaise Fruit Milk <b>Cheese Sandwich</b>	<b>January 5</b> <b>Swedish Meatballs</b> Brown Rice Broccoli Ranch Dressing Milk <b>Veggie Meatballs</b>
<b>January 8</b> <b>Chicken, Turkey Pepperoni and Cheese on WG Bun</b> Carrot Sticks w/ Ranch Dressing Mayonnaise Fruit Milk <b>Sunbutter &amp; Grape Sandwich</b>	<b>January 9</b> <b>Turkey Sausage</b> String Cheese (3+ Only) WG French Toast Tomato and Cucumber Salad Fruit Milk <b>French Toast and Veggie Sausage</b>	<b>January 10</b> <b>Mac &amp; Cheese w. WG Pasta</b> Mixed Vegetables Fruit Milk	<b>January 11</b> <b>Italian Meatball Parmesan Sandwich on WG Hoagie Roll</b> Corn Fruit Milk <b>Veggie Meatball Parmesan</b>	<b>January 12</b> <b>Curry Chicken</b> Brown Rice Fresh Broccoli Ranch Dressing Fruit Milk <b>Curry Tofu</b>  <i>National Curry Chicken Day!</i>
<b>January 15</b> <b>Turkey &amp; Cheese Sandwich on WG Bun</b> Carrot Sticks Mayonnaise Ranch Dressing Fruit Milk <b>Sunbutter &amp; Grape Sandwich</b>	<b>January 16</b> <b>WG Chicken Tenders</b> Mashed Potatoes Ketchup Fruit Milk <b>Veggie Nuggets</b>	<b>January 17</b> <b>Turkey Burger</b> WG Sandwich Roll Green Beans Fruit Milk <b>Veggie Burger</b>	<b>January 18</b> <b>Taco Beef w/Cheddar Cheese</b> Brown Rice Corn & Black Bean Salad Fruit Milk <b>Bean Burrito</b>	<b>January 19</b> <b>Italian Chicken Pasta Salad</b> Tomato and Cucumber Salad Fruit Milk <b>Edamame Pasta Salad</b>
<b>January 22</b> <b>Grilled Chicken</b> Red Beans & Rice Fruit Milk <b>Veggie Nuggets</b>  <i>National Southern Food Day!</i>	<b>January 23</b> <b>Potato &amp; Cheese Pierogis</b> Carrot Sticks Ranch Dressing Fruit Milk	<b>January 24</b> <b>Turkey Ham and Cheese Sandwich</b> Tomato and Cucumber Salad Mayonnaise Fruit Milk <b>Cheese Sandwich</b>	<b>January 25</b> <b>Chicken Pot Pie (Grilled Chicken in Gravy w/Mix Vegetables)</b> WG Biscuit Fruit Milk <b>Lentil Pot Pie</b>	<b>January 26</b> <b>BBQ Meatballs</b> Buttered Noodles Fresh Broccoli Fruit Milk <b>BBQ Veggie Meatballs</b>
<b>January 29</b> <b>Italian Turkey Sandwich on WG Bun</b> Carrot Sticks Ranch Dressing Mayo Fruit Milk <b>Cheese Sandwich</b>	<b>January 30</b> <b>Egg Patty w/Cheese</b> WG Bagel Breakfast Potatoes Fruit Milk	<b>January 31</b> <b>Chicken, Cheddar Cheese, and Brown Rice Bake</b> Mixed Vegetables Fruit Milk <b>Tofu, Cheddar, Rice Bake</b>	<b>February 1</b> <b>Hamburger Slider w/Cheddar Cheese</b> WG Bun Chic Pea Salad Fruit Milk <b>Veggie Burger</b>	<b>February 2</b> <b>Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese</b> <b>WG Pasta</b> Fresh Broccoli Ranch Dressing Fruit Milk <b>Veggie Meatball Parm</b>

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