

# January Lunch Menu

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <b>5</b><br>Spaghetti (WW)<br>Meat Balls<br>Garlic Bread<br>Italian Green beans         | <b>6</b><br>Tater Tot Potato Bar<br>Veggie Chili w/ Vegan<br>Crumbles<br>Broccoli       | <b>7</b><br>Fish Sticks (WG)<br>Sweet Potato fries<br>Cole Slaw<br>Fresh Fruit           | <b>8</b><br>Cheese Quesadillas on<br>Tortilla (WG)<br>Borracho Black Beans<br>Fresh Apple Slices | <b>9</b><br>Chicken Nuggets<br>Creamed Corn<br>Veggie Salad<br>Banana |
| <b>12</b><br>Meatballs<br>Potato pancakes<br>Chef-Cut Veggies<br>Applesauce             | <b>13</b><br>Stuffed Shells<br>Marinara<br>Garlic Bread<br>Green Beans/Carrots          | <b>14</b><br>Turkey Sandwich on Wheat<br>Round (WG)<br>Veggie Pasta Salad<br>Fresh Melon | <b>15</b><br>Grilled Cheese on Wheat<br>Bread (WG)<br>Mixed Green Salad<br>Fresh Apple slices    | <b>16</b><br><b>NO SCHOOL</b><br><b>TEACHER RECORD DAY</b>            |
| <b>19</b><br><b>NO SCHOOL</b><br><b>Dr. Martin Luther King, Jr.</b><br><b>Day</b>       | <b>20</b><br>Cheese Ravioli, Marinara<br>Garlic Bread<br>Key Largo Vegetables<br>Banana | <b>21</b><br>Tuna on Croissant<br>Broccoli Slaw<br>Fresh Pear                            | <b>22</b><br>Mac (WW) and Cheese<br>Mixed Veg<br>Orange Wedges                                   | <b>23</b><br>Waffles<br>Egg Patties<br>Challah<br>Banana              |
| <b>26</b><br>"Chick Fil A" Schnitzel<br>Sandwich<br>Broccoli, Cauliflower<br>Clementine | <b>27</b><br>Cheese / "Pepperoni"<br>Pizza<br>Garden Salad<br>Banana                    | <b>28</b><br>Fish Tacos<br>Tortilla (WG)<br>Spanish Rice<br>Green beans, Salsa           | <b>29</b><br>Falafel, Pita<br>Hummus<br>Israeli Salad<br>Fresh Melon                             | <b>30</b><br>Chicken Fingers<br>Potato Salad<br>Slaw<br>Banana        |
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