

**A Nourished Student is a Learning Student!**

This institution is an equal opportunity provider.

**A Cold Menu Option is offered each day as a second choice.**  
 Monday: Soybutter & Jelly Sandwich & **Marinated Chickpea Salad** & **Carrots** & Yogurt (Grahams for older students)  
 Tuesday: Chicken Chef Salad with 2 Dinner Rolls (Potato Salad for older students)  
 Wednesday: Chicken Ranch Pita & **Carrot Raisin Salad** & **Broccoli Buds** and Ranch  
 Thursday: Ham & Cheese Sandwich with mustard packet & **Marinated Tomato Salad** (Diced Cucumbers for older students)  
 Friday: Turkey & Cheese Pita with salad dressing packet & **Tossed Salad** (Celery Sticks with Ranch for older students)

**Su Mon**



**10**  
 Stuffed Cheese Breadsticks  
**Marinara Sauce**  
**Seasoned Corn**  
 Spiced Apples  
*Older Students*  
 Whole Grain Graham Crackers

**17 No School**



**24**  
 All Beef Hot Dog on a Whole Wheat Bun  
 Ketchup & Mustard  
**Vegetarian Baked Beans**  
 Seasoned Green Beans  
 Pineapple Tidbits  
*Older Students*  
 Whole Grain Dinner Roll

**31**  
 Stuffed Cheese Breadsticks  
**Marinara Sauce**  
**Seasoned Corn**  
 Fresh Apple Slices  
*Older Students*  
 Whole Grain Graham Crackers

**Tue**

**4**  
 Whole Grain Breaded Chicken Tenders  
 BBQ Sauce Packet  
 Whole Grain Biscuit  
**Seasoned Broccoli**  
 Diced Pear Cup  
*Older Students*  
 Apple Slices

SBJ cold lunch for Jan. 4th

**11**  
 Whole Grain Chicken Nuggets  
 BBQ Sauce Packet  
 Whole Grain Cheez-it Crackers  
**Seasoned Broccoli**  
**Vegetarian Baked Beans**  
 Mixed Fruit Cup

**18**  
 Whole Grain Lasagna Rollup  
 Marinara Sauce  
 Seasoned Corn  
 Dinner Roll  
 Fresh Banana  
*Older Students*  
 Fresh Apple Slices

**25**  
 Whole Grain Breaded Chicken Tenders  
 BBQ Sauce Packet  
 Whole Grain Biscuit  
**Seasoned Broccoli**  
 Diced Pear Cup

**2/1**  
 Whole Grain Chicken Nuggets  
 Whole Grain Cheez-it Crackers  
**Seasoned Broccoli**  
**Vegetarian Baked Beans**  
 Mixed Fruit Cup

**Wed**

**5 BREAKFAST FOR LUNCH**  
 Whole Grain Mini Pancakes  
 Cheese Egg Omelet  
**Hash Brown Starz**  
 Grape Juice  
**Baby Carrots** w/ Ranch  
*Older Students*  
 Apple Slices

**12 Soup & Sandwich**  
 Broccoli Cheese Soup  
 Served with  
 Turkey and Cheese Sandwich on a Hawaii Bun with Mayo  
 Low Fat Mozzarella String Cheese  
 Fresh Baby Carrots with Ranch  
 Diced Peaches

**19**  
 Salisbury Steak served with Mashed Potatoes and Gravy  
 Seasoned Green Bean  
 Whole Grain Dinner Roll  
 Fruit Slushie Treat  
*Older Students*  
 2 Whole Grain Dinner Rolls  
 Mandarin Oranges

**26 BREAKFAST FOR LUNCH**  
 Whole Grain Mini Pancakes  
 Chicken Sausage Patties  
**Hash Brown Starz**  
 Grape Juice  
**Baby Carrots** w/ Ranch  
*Older Students*  
 Apple Slices

**2/2 Happy Chinese New Year**  
 Tangerine Chicken Served with Vegetable Fried Rice  
 Far East Vegetable Blend  
 Mandarin Oranges  
*Older Students*  
 Whole Grain Dinner Roll

**Thu**

**6**  
 Chicken Parmesan served with Whole Grain Rotini & Marinara Sauce  
 Seasoned Peas & **Carrots**  
 Fresh Banana  
*Older Students*  
 Mixed Fruit

**13**  
 Whole Grain Rotini with Meat Sauce  
 Served with a Dinner Roll  
 Seasoned Green Beans  
**Dill Seasoned Carrots**  
 Fresh Banana  
*Older Students*  
 Fresh Apple Slices

**20**  
 Reduced Fat Mac & Cheese  
 Whole Grain Cheez-it  
**Seasoned Broccoli**  
**Seasoned Carrots**  
 Mixed Fruit Cup

**27**  
 Whole Grain Breaded Chicken Patty served with Whole Grain Hamburger Bun  
 BBQ Sauce Packet  
 Seasoned Peas & **Carrots**  
 Diced Peaches

**2/3**  
 Reduced Fat 3 Cheese Cavatappi  
 Served with a Dinner Roll  
 Seasoned Green Beans  
**Dill Seasoned Carrots**  
 Fresh Banana  
*Older Students*  
 Fresh Apple Slices

**Fri**

**7**  
 Hungry Howie's Pepperoni Pizza  
**Tossed Salad** w/ Ranch  
 Blueberry Parfait  
**Fresh Cherry Tomatoes**  
*Older Students*  
 Cheddar Cheese stick  
 Fruit Punch

**14**  
 Hungry Howie's Pepperoni Pizza  
 Served with a Dinner Roll  
**Tossed Salad** w/ Ranch  
 Strawberry Parfait  
**Fresh Cherry Tomatoes**  
*Older Students*  
 Cheddar Cheese stick  
 Fruit Punch

**21**  
 Hungry Howie's Pepperoni Pizza  
**Tossed Salad** w/ Ranch  
 Blueberry Parfait  
**Fresh Cherry Tomatoes**  
*Older Students*  
 Cheddar Cheese stick  
 Fruit Punch

**28**  
 Hungry Howie's Pepperoni Pizza  
**Tossed Salad** w/ Ranch  
 Strawberry Parfait  
**Fresh Cherry Tomatoes**  
*Older Students*  
 Cheddar Cheese stick  
 Fruit Punch

**2/4**  
 Hungry Howie's Pepperoni Pizza  
**Tossed Salad** w/ Ranch  
 Blueberry Parfait  
**Fresh Cherry Tomatoes**  
*Older Students*  
 Cheddar Cheese stick  
 Fruit Punch

**Sat**

**CHOICE OF MILK INCLUDED WITH LUNCH**

**IMPORTANT**

**Due to nationwide food shortages and supply chain issues, menus are subject to change depending on availability.**