

Flynn Lunch Menu January 2024

Monday, January 1

No School

Tuesday, January 2

No School

Wednesday, January 3

Whole Grain Chicken Nuggets

Whole Grain Dinner Roll

BBQ Sauce Packet

Seasoned Broccoli

Diced Pear Cup

Thursday, January 4

Inside out Burger on a Whole Wheat Bun

Vegetarian Baked Beans

Seasoned Corn

Diced Peaches

Friday, January 5

Big Daddy's Pepperoni Pizza

Tossed Salad with Ranch

Apple Slices

Baby Carrots

Cheddar Cheese Stick

Fruit Punch

Monday, January 8

Stuffed Cheese Breadsticks

Marinara Sauce

Seasoned Peas

Spiced Pears

Graham Cracker

Tuesday, January 9

Chicken Fajitas

2 Whole Grain Tortillas with

Shredded Cheddar Cheese

Shredded Lettuce

Refried Beans

Salsa Cup

Strawberry Cup

Grape Juice

Wednesday, January 10

Whole Grain Rotini Beef Pasta Bake (1/2 red)

Seasoned Broccoli (1/2)

Whole Grain Breadstick

Mixed Fruit Cup

Extra serving of broccoli

Second Breadstick

Thursday, January 11

Whole Grain Chicken Patty on Whole Grain Bun

BBQ Sauce Packet

Seasoned Green Beans

Seasoned Carrots

Diced Peaches

Friday, January 12

Big Daddy's Pepperoni Pizza

Tossed Salad with Ranch

Apple Slices

Mango Wango Juice

Cheddar Cheese Stick

Second Bag of Apples

Monday, January 15

No School

Tuesday, January 16

Whole Grain Penne Pasta with Alfredo Sauce

Whole Grain Breadstick

Seasoned Broccoli

Roasted Carrots

Mixed Fruit

Wednesday, January 17

Beef Dippers

2 Whole Grain Rolls

Mixed Vegetables

Whipped Sweet Potatoes

Strawberry Kiwi 100% Juice

Fresh Banana

Thursday, January 18

Sloppy Joes on a Whole Wheat Bun
Edamame Corn Salad
Green Beans
Diced Peaches
President Whole Grain Cookies

Friday, January 19

Big Daddy's Pepperoni Pizza
Tossed Salad with Ranch
Apple Slices
Baby Carrots
Cheddar Cheese Stick
Fruit Punch

Monday, January 22

Hamburger on Whole Grain Bun
Peas and Carrots
Vegetarian Baked Beans
Ketchup and Mustard
Strawberry Parfait

Tuesday, January 23

Whole Grain Bean and Cheese Burrito
Corn with Peppers
Salsa
Diced Peaches
Dragon Punch

Wednesday, January 24

Chicken Parmesan
Whole Grain Dinner Roll
Seasoned Broccoli
Spiced Pears
Fresh Banana
Second Dinner Roll

Thursday, January 25

Salisbury Steak
Mashed Potatoes and Low Sodium Gravy
Seasoned Carrots
Mixed Fruit Cup
Whole Grain Garlic Twiz Stick

Friday, January 26

Big Daddy's Pepperoni Pizza
Tossed Salad with Ranch
Apple Slices
Mango Wango Juice
Cheddar Cheese Stick
Second Bag of Apples

Monday, January 29

Whole Grain Chicken Nuggets
Whole Grain Dinner Roll
BBQ Sauce Packet
Seasoned Broccoli
Diced Pear Cup

Tuesday, January 30

Honey BBQ Chicken Meatballs
Whole Grain Corn Bread Poppers
Baked Squash
Mixed Fruit

Wednesday, January 31

Mini Whole Grain Cheese Quesadillas
Refried Beans
Salsa
Diced Peaches

Thursday, February 1

Breakfast For Lunch
Eggo Mini Confetti Pancakes
Turkey Sausage Patties
Tater Tots
Orange Juice
Carrots with Ranch
Fresh Banana

Friday, February 2

Big Daddy's Pepperoni Pizza
Tossed Salad with Ranch
Apple Slices
Baby Carrots
Cheddar Cheese Stick
Fruit Punch

NOTES:

Choice of Milk Included with Lunch

Each day cold options are offered:

Turkey chef salad, veggie chef salad, or ham chef salad

Tukey and cheese sub or ham and cheese sub

Assorted fruits and fresh vegetables offered daily

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

This institution is an equal opportunity provider.