

## A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

EACH DAY COLD OPTIONS ARE OFFERED  
TURKEY CHEF SALAD, VEGGIE CHEF SALAD, OR HAM CHEF SALAD  
TURKEY & CHEESE SUB OR HAM & CHEESE SUB  
ASSORTED FRUITS AND FRESH VEGETABLES OFFERED DAILY

**Su Mon**



**10**  
Stuffed Cheese Breadsticks  
**Marinara Sauce**  
**Seasoned Corn**  
Spiced Apples  
*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  
Whole Grain Dinner Roll

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

**Tue**

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

SBJ is the only 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  
*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  
*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  
2 Whole Grain Dinner Roll  
Fruit Slushie Treat  
Mandarin Oranges

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

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

**Thu**

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

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

**Fri**

**7**  
Whole Grain Breaded Mini  
Chicken Corn Dogs  
Seasoned Green Beans  
Blueberry Parfait  
*Fruit Punch*

**14**  
Honey Beef Rib Sandwich  
Smiley Fries  
Tossed Salad with Ranch  
Strawberry Parfait  
*Fruit Punch*

**21 Lunchable**  
Turkey Pepperoni  
Shredded Mozzarella Cheese  
Whole Grain Flatbread  
Marinara Sauce  
Tossed Salad with Ranch  
Blueberry Parfait  
*Fruit Punch*

**28**  
**No School**

**2/4**  
Whole Grain Breaded Mini  
Chicken Corn Dogs  
Seasoned Green Beans  
Blueberry Parfait  
*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.**