



JANUARY LUNCH

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!

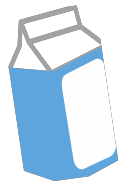
Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- o Vegetable of the day

Chef reserves the right to change menu for seasonality and new menu innovation.

Don't forget to grab a carton of low-fat or non-fat milk with breakfast!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Winter Break Countinues	3	4
7 Winter Break Ends	8	9	10	11
14 NO School Dr. Martin Luther King Jr. Day	15 <ul style="list-style-type: none"> • crispy chicken sandwich (df) • spaghetti marinara (v) • mighty meaty deli combo sandwich <ul style="list-style-type: none"> o celery sticks with ranch o fruit & milk 	16 <ul style="list-style-type: none"> • beef cheeseburger <ul style="list-style-type: none"> • Cheese Pizza <ul style="list-style-type: none"> o lettuce & tomatoes o fruit & milk 	17 <ul style="list-style-type: none"> • orange chicken(df) <ul style="list-style-type: none"> • bfast for lunch: pancakes & omelet (v) • turkey & cheddar sandwich <ul style="list-style-type: none"> o glazed carrots o fruit & milk 	18 <ul style="list-style-type: none"> • grilled chicken bites with bbq bean sauce • cheesy ravioli (v) <ul style="list-style-type: none"> o baby carrots & warm pinto beans o fruit & milk
21 <ul style="list-style-type: none"> • kickin' chicken melt • cheddar cheese sandwich (v) <ul style="list-style-type: none"> o three bean salad o fruit & milk 	22 <ul style="list-style-type: none"> • chicken bites (df) • cheese enchilada plate (v) <ul style="list-style-type: none"> • turkey & cheddar sandwich o steamed corn o fruit & milk 	23 <ul style="list-style-type: none"> • cheese Pizza • ham & cheese sandwich <ul style="list-style-type: none"> o blanched broccoli with ranch (chilled) o fruit & milk 	24 <ul style="list-style-type: none"> • bfast for lunch: pancakes & omelet (v) • mighty meaty deli combo sandwich <ul style="list-style-type: none"> o sliced cucumber o fruit & milk 	25 <ul style="list-style-type: none"> • chicken taco trio • spicy popcorn chicken sandwich • garden ranch salad with chicken <ul style="list-style-type: none"> o steamed carrots o fruit & milk
28 <ul style="list-style-type: none"> • cheesy pizza bites (v) • chorizo & cheese eggwich (eqq sandwich) • ham & cheese sandwich <ul style="list-style-type: none"> o celery sticks o fruit & milk 	29 <ul style="list-style-type: none"> • red chile chicken tamale • meatless italian "sausage" calzoni • mighty meaty deli combo sandwich <ul style="list-style-type: none"> o seasoned carrots, corn, and peas o fruit & milk 	30 <ul style="list-style-type: none"> • beef cheeseburger <ul style="list-style-type: none"> • Cheese Pizza <ul style="list-style-type: none"> o lettuce & tomatoes with ranch o fruit & milk 	31 <ul style="list-style-type: none"> • kung pao chicken • lone star bbq chicken sandwich <ul style="list-style-type: none"> o glazed carrots o fruit & milk 	

This institution is an equal opportunity provider.