

*Milk is served with every meal

*Whole Grain served daily

Lunch Menu January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR NEW YEARS	3 Pizza Carrot Sticks Strawberries	4 Chicken Tenders Pasta Broccoli Melon	5 Spaghetti with Meatsauce Corn Sliced Apples	6 White Chili Cheese and Crackers Sliced Pears
9 Pizza Green Beans Bananas	10 Tacos Lettuce, Tomato and Cheese Oranges	11 Scalloped Potatoes and Ham WW Bread Broccoli Sliced Apples	12 Hamburgers Baked Waffle Fries Corn Pears	13 Vegetarian Chili Cheese and Crackers Melon
16 Pizza Broccoli Sliced Oranges	17 Beef Stew Sliced Apples Dinner Roll	18 Chicken Drumsticks Buttered Noodles Sliced Cucumbers Sliced Pears	19 Mostaccioli Meatballs Green Beans Sliced Melon	20 Fish Sticks Baked Fries WW Bread Carrot Sticks Mixed Berries
23 Pizza Cauliflower Bananas	24 Chicken Tacos Lettuce, Tomato and Cheese Fruit Cups	25 Meatloaf WW Bread Mashed Potatoes Corn Sliced Apples	26 Turkey on a Bun Broccoli Sliced Melon	27 Cream of Chicken Soup French Bread Cucumber Slices Sliced Oranges
30 Pizza Carrot Sticks Sliced Apples	31 Macaroni and Cheese Fish Sticks Green Beans Mixed Fruit			

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.