

Milk is served with lunch

Lunch Menu January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 Pizza Carrot Sticks Strawberries	3 Chicken Tenders Pasta Broccoli Melon	4 Spaghetti with Meat Sauce Corn Apples	5 White Chili Cheese and Crackers Pears
8 Pizza Green Beans Bananas	9 Beef Tacos Lettuce, Tomato and Cheese Oranges	10 Ham and Scalloped Potatoes Broccoli Apples Roll	11 Hamburgers Waffle Fries Corn Pears	12 Vegetarian Chili Cheese and Crackers Melon
15 Pizza Broccoli Oranges	16 Beef Stew Dinner Roll Apples	17 Chicken Drumsticks Buttered Noodles Cucumbers Pears	18 Mostaccioli Meatballs Green Beans Melon	19 Fish Sticks French Fries Carrot Sticks Mixed Berries
22 Pizza Cauliflower Bananas	23 Chicken Tacos Lettuce, Tomato and Cheese Fruit Cups	24 Meatloaf Mashed Potatoes Corn Apples	25 Turkey on a Bun Broccoli Melon	26 Cream of Chicken Soup French Bread Cucumbers Oranges
29 Pizza Carrot Sticks Apples	30 Macaroni and Cheese Green Beans Mixed Fruit	31 Bean and Cheese Enchiladas Lettuce and Tomato Melon		

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. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.

Fresh Fruit - May vary depending on the time of year. This will consist of any of the following: Apples, Oranges, Pears, Nectarines, Bananas, Blueberries, Strawberries, Black or Red Berries and Melons.

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