

January Lunch 2022

Monday 1/3/2022	Tuesday	Wednesday	Thursday	Friday
Teriyaki Chicken 3oz Fried Rice 1 cup Carrots 1 cup Fruit 1 cup variety milk	Picodillo 3oz beef Brown Rice carrots 1 cup Fruit 1 cup variety milk	Macaroni & Cheese cheese(2oz) broccoli 1 cup Fruit 1 cup Variety Milk 8oz	Chicken nuggets 4oz Rice 1 cup Carrots 1 cup Fruit 1 cup Variety Milk	Hot dog Wh bun 57g Baked beans 1/2 cup Variety Milk Fruit
Monday 1/10/2022	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Mashed potatoes Baked beans Fruit 1 cup variety milk	NO School	Baked ziti pasta 1 cup Beef 3oz ¼ cup tomato sauce Romaine Salad 2 cups Fruit 1 cup Variety Milk 8oz	Arroz con pollo chicken Peas & Carrots Fruit 1cup Variety Milk 8oz	Pulled bbq chicken 4oz wh bun 57g corn 1/2 cup Fruit 1 cup Variety Milk
Monday 1/17/2021/2022	Tuesday	Wednesday	Thursday	Friday
HOLIDAY	Savory Meatballs 4oz beef Mashed Potatoes carrots 1 cup variety milk fruit 1 cup	Chicken alfredo pasta 3oz Broccoli ½ cup Fruit 1 cup Variety Milk	Jambalaya 4oz Soft tortilla 45g Black beans 1 cup Fruit 1 cup Variety Milk	Hot dog Wh bun 57g Baked beans 1/2 cup Variety Milk Fruit
Monday 1/24/2022	Tuesday	Wednesday	Thursday	Friday
Tacos(ground turkey) soft tortilla 45g romaine lettuce fruit variety milk	Arroz con pollo Chicken Peas & Carrots Fruit 1cup Variety Milk 8oz	Macaroni & Cheese cheese(2oz) broccoli 1 cup Fruit 1 cup Variety Milk 8oz	Chicken nuggets 4oz Mashed potatoes 1 cup Carrots & Peas 1 cup Fruit 1 cup Variety Milk	Hamburger beef 4oz Wh bun 57g Baked beans 1/2 cup Variety Milk Fruit
Monday 1/31/2022	Tuesday	Wednesday	Thursday	Friday
BBQ Meatballs 4oz beef Brown Rice carrots 1 cup variety milk fruit 1 cup				

Breakfast menu January 2022

Monday 1/3/2022	Tuesday	Wednesday	Thursday	Friday
Variety Bagels(whole wheat) 95g/1 bgl Fruit 1 cup Variety Milk 8oz	Cereal(wh grain) 1cup Fruit 1 cup Variety Milk 8oz	Scrambled Eggs 2 oz Sliced Bread Whole wheat 52g/2 slices Fruit 1 cup Variety Milk 8oz	Pancakes(wh grain) 1cup Fruit 1 cup Variety Milk 8oz	Scrambled Eggs 2 oz Sliced Bread Whole wheat 52g/2 slices Fruit 1 cup Variety Milk 8oz
Monday 1/10/2022	Tuesday	Wednesday	Thursday	Friday
Variety Bagels(whole wheat) 95g/1 bgl Fruit 1 cup Variety Milk 8oz	NO SCHOOL	Scrambled Eggs 2 oz Sliced Bread Whole wheat 52g/2 slices Fruit 1 cup Variety Milk 8oz	Pancakes(wh grain) 1cup Fruit 1 cup Variety Milk 8oz	Scrambled Eggs 2 oz Sliced Bread Whole wheat 52g/2 slices Fruit 1 cup Variety Milk 8oz
Monday 1/17/2022	Tuesday	Wednesday	Thursday	Friday
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Monday 1/31/2022	Tuesday	Wednesday	Thursday	Friday
Variety Bagels(whole wheat) 95g/1 bgl Fruit 1 cup Variety Milk 8oz	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY