



# JANUARY | 2022

## Elementary School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Chicken Tenders French Fries Assorted Fruit Choice of Milk	4 Tacos Refried Beans Assorted Fruit Choice of Milk	5 Bosco Sticks w/ Marinara Sauce Green Beans Assorted Fruit Choice of Milk	6 Chicken Penne Alfredo Broccoli Assorted Fruits Fresh Veggies Choice of Milk	7 Pizza Carrots Assorted Fruit Choice of Milk
10 Breaded Chicken Sandwich Green Beans Assorted Fruit Choice of Milk	11 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans Assorted Fruit Choice of Milk	12 Mini Corn Dogs Broccoli Assorted Fruit Choice of Milk	13 Chili and Corn Bread Carrots Assorted Fruits Fresh Veggies Choice of Milk	14 Hamburger/Cheeseburger French Fries Assorted Fruit Choice of Milk
17 NO SCHOOL 	18 Macaroni and Cheese Baked Beans Assorted Fruit Choice of Milk	19 Chicken and Waffles Strawberry Topping Broccoli Assorted Fruit Choice of Milk	20 Rotini and Meat Sauce With Dinner Roll Cauliflower Assorted Fruits Fresh Veggies Choice of Milk	21 Hot Dogs French Fries Assorted Fruit Choice of Milk
24 Chicken Tenders French Fries Assorted Fruit Choice of Milk	25 Tacos Refried Beans Assorted Fruit Choice of Milk	26 Bosco Sticks w/ Marinara Sauce Green Beans Assorted Fruit Choice of Milk	27 Chicken Penne Alfredo Broccoli Assorted Fruits Fresh Veggies Choice of Milk	28 Pizza Carrots Assorted Fruit Choice of Milk
31 Breaded Chicken Sandwich Green Beans Assorted Fruit Choice of Milk	1 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans Assorted Fruit Choice of Milk	2 Mini Corn Dogs Broccoli Assorted Fruit Choice of Milk	3 Chili and Corn Bread Carrots Assorted Fruits Fresh Veggies Choice of Milk	4 Hamburger/Cheeseburger French Fries Assorted Fruit Choice of Milk

### Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

### Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
  - Pizza
  - Turkey, Cheese and Crackers

### Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>v</sup>
- Protein Power: yogurt, grain, string cheese<sup>v</sup>

\*Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.\*