



JANUARY | 2022

LIFE Center Lunch Menu


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 Chicken Tenders With a Dinner Roll French Fries Apple Slices Choice of Milk</p>	<p>4 Tacos Refried Beans Diced Peaches Choice of Milk</p>	<p>5 Bosco Sticks w/ Marinara Sauce Green Beans Banana Choice of Milk</p>	<p>6 Sloppy Joe Broccoli Baked Cinnamon Apples Choice of Milk</p>	<p>7 Pizza Carrots Raisels Choice of Milk</p>
<p>10 Breaded Chicken Sandwich Green Beans Pineapple Tidbits Choice of Milk</p>	<p>11 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans Diced Pears Choice of Milk</p>	<p>12 Mini Corn Dogs Broccoli Mixed Fruit Cup Choice of Milk</p>	<p>13 Chili and Corn Bread Carrots Raisins Choice of Milk</p>	<p>14 Hamburger French Fries Applesauce Choice of Milk</p>
<p>17 NO SCHOOL </p>	<p>18 Macaroni and Cheese With a grain Baked Beans Oranges Choice of Milk</p>	<p>19 Chicken and Waffles Strawberry Topping Cauliflower Applesauce Choice of Milk</p>	<p>20 Rotini and Meat Sauce With Dinner Roll Broccoli Craisins Choice of Milk</p>	<p>21 Chicken Nuggets French Fries Mixed Fruit Choice of Milk</p>
<p>24 Chicken Tenders With a Dinner Roll French Fries Apple Slices Choice of Milk</p>	<p>25 Tacos Refried Beans Diced Peaches Choice of Milk</p>	<p>26 Bosco Sticks w/ Marinara Sauce Green Beans Banana Choice of Milk</p>	<p>27 Sloppy Joe Broccoli Baked Cinnamon Apples Choice of Milk</p>	<p>28 Pizza Carrots Raisels Choice of Milk</p>
<p>31 Breaded Chicken Sandwich Green Beans Pineapple Tidbits Choice of Milk</p>	<p>1 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans Diced Pears Choice of Milk</p>	<p>2 Mini Corn Dogs Broccoli Mixed Fruit Cup Choice of Milk</p>	<p>3 Chili and Corn Bread Carrots Assorted Fruits Raisins Choice of Milk</p>	<p>4 Hamburger French Fries Applesauce Choice of Milk</p>

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:

- Peanut-Free Wowbutter and Jelly Sandwich w/ Grain^V
- Chef Salad w/ grain

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

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.