

# January

## LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> <li>chicken potstickers (DF)</li> <li>cheese pizza panada pie (VG)</li> <li>turkey and cheese sandwich (pre-k)</li> <li>o diced carrots &amp; pinto beans</li> </ul>	<ul style="list-style-type: none"> <li>sweet garlic noodles with chicken thigh</li> <li>cheese lasagna with whole grain pasta (VG)</li> <li>chicken salad sandwich (DF)</li> <li>o local sweet potatoes</li> </ul>	<ul style="list-style-type: none"> <li>cheesy chicken quesadilla</li> <li>bbq chicken pasta with mozzarella and corn</li> <li>sunbutter and jelly sandwich (VG)</li> <li>o broccoli florets with ranch</li> </ul>	<ul style="list-style-type: none"> <li>chicken taco trio</li> <li>jumbo caribbean meatball with rice (DF)</li> <li>southwest veggie wrap (VG)</li> <li>o local green peas</li> </ul>
2	3	4	5	6
<ul style="list-style-type: none"> <li>hot turkey &amp; cheddar flatbread melt</li> <li>chicken bites (DF)</li> <li>cheese sandwich (VG)</li> <li>o local green beans</li> </ul>	<ul style="list-style-type: none"> <li>cheese ravioli with marinara sauce (VG)</li> <li>kickin chicken parm pasta</li> <li>chillin' chinese chicken noodles</li> <li>o pinto beans &amp; broccoli florets</li> </ul>	<ul style="list-style-type: none"> <li>bbq chicken with cheesy rice</li> <li>orange chicken rice bowl (DF)</li> <li>sunbutter and jelly sandwich (VG)</li> <li>o local corn</li> </ul>	<ul style="list-style-type: none"> <li>flame broiled beef cheeseburger</li> <li>cheese pizza (VG)</li> <li>chicken salad sandwich (DF)</li> <li>o chopped lettuce and sliced tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>hawaiian meatballs with island style rice</li> <li>egg salad sandwich(VG) (DF)</li> <li>o local sweet potatoes</li> </ul>
9	10	11	12	13
<p style="text-align: center;"><b>No School</b> <b>Martin Luther King Jr. Day</b></p>	<ul style="list-style-type: none"> <li>cheese pizza panada pie (VG)</li> <li>spicy chicken chorizo and cheese eggwich</li> <li>turkey and cheese sandwich (pre-k)</li> <li>o pinto beans &amp; broccoli florets</li> </ul>	<ul style="list-style-type: none"> <li>lone star grilled chicken breast sandwich</li> <li>spaghetti and meatballs (DF)</li> <li>egg salad sandwich (VG) (DF)</li> <li>o local braised greens</li> </ul>	<ul style="list-style-type: none"> <li>buffalo chicken sandwich</li> <li>sloppy joe (DF)</li> <li>sunbutter and jelly sandwich (VG)</li> <li>o diced carrots w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>chicken taco trio</li> <li>chicken fajita burrito</li> <li>cheese sandwich (VG)</li> <li>o local corn</li> </ul>
16	17	18	19	20
<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>bbq meatballs with cheesy rice</li> <li>egg salad sandwich (VG) (DF)</li> <li>o green peas</li> </ul>	<ul style="list-style-type: none"> <li>"pepperoni" calzoni pizza</li> <li>chicken rice bowl (DF) (meatless) (VG)</li> <li>orange honey mustard chicken wrap</li> <li>o pinto beans &amp; diced carrots</li> </ul>	<ul style="list-style-type: none"> <li>hot meatball sub</li> <li>cheese lasagna with whole grain pasta (VG)</li> <li>turkey and cheese sandwich</li> <li>o local sweet potatoes</li> </ul>	<ul style="list-style-type: none"> <li>flame broiled beef cheeseburger</li> <li>oven roasted chicken sandwich</li> <li>cheese sandwich (VG)</li> <li>o chopped lettuce and sliced tomatoes w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>kickin chicken melt sandwich</li> <li>cheese ravioli with marinara sauce (VG)</li> <li>chicken caesar wrap</li> <li>o local green beans</li> </ul>
23	24	25	26	27
<ul style="list-style-type: none"> <li>egg and cheese panada pie (VG)</li> <li>crispy chicken sandwich (DF)</li> <li>turkey and cheese sandwich</li> <li>o local corn</li> </ul>	<ul style="list-style-type: none"> <li>cheesy chicken quesadilla</li> <li>baked mac &amp; cheese and bbq chicken lunch combo</li> <li>egg salad sandwich(VG) (DF)</li> <li>o broccoli florets &amp; pinto beans</li> </ul>			
30	31			

## What's New?

It's mighty, it's meaty, and it's all new! The Mighty Meaty Deli Combo Sandwich features turkey ham, turkey salami, and mozzarella cheese on a Kaiser roll. No pork here!

Look for it on the menu on January 6<sup>th</sup> and 23<sup>rd</sup>

**Lunch:** choice of % or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

*This institution is an equal opportunity provider.*

