

January

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> chicken potstickers (DF) cheese pizza panada pie (VG) turkey and cheese sandwich bbq chicken wrap o baby carrots and edamame 	<ul style="list-style-type: none"> sweet garlic noodles cheese lasagna(VG) garden ranch salad with chicken chicken salad sandwich (DF) o local sweet potatoes 	<ul style="list-style-type: none"> all natural hot dog (DF) bbq chicken pasta honey mustard chicken wrap sunbutter and jelly(VG) o blanched broccoli florets w/ ranch 	<ul style="list-style-type: none"> chicken taco trio jumbo caribbean meatball (DF) *NEW* mighty meaty deli southwest veggie wrap (VG) o local green peas
2	3	4	5	6
<ul style="list-style-type: none"> hot turkey & cheddar chicken bites (DF) chicken salad sandwich (DF) cheese sandwich(VG) o local green beans 	<ul style="list-style-type: none"> cheese ravioli (VG) kickin chicken parm pasta chillin' chinese chicken noodles veggie chef's salad (VG) o pinto beans & broccoli 	<ul style="list-style-type: none"> bbq chicken with cheesy rice o orange chicken bowl o turkey and cheese o sunbutter and jelly o local corn 	<ul style="list-style-type: none"> flame broiled cheeseburger cheese pizza chicken caesar salad chicken salad sandwich o chopped lettuce and sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> crispy chicken sandwich (DF) pancakes w/ sausage egg salad sandwich (DF) (VG) sesame chicken wrap o local sweet potatoes
9	10	11	12	13
<p style="text-align: center;">No School Martin Luther King Jr. Day</p>	<ul style="list-style-type: none"> pizza panada pie (VG) spicy chicken chorizo and cheese eggwich turkey and cheese veggie taco salad (VG) o blanched broccoli florets and pinto beans 	<ul style="list-style-type: none"> lone star grilled chicken breast sandwich spaghetti and meatballs (DF) egg salad sandwich chicken pizza party salad o local braised greens 	<ul style="list-style-type: none"> all natural hot dog (DF) sloppy joe (DF) garden ranch salad sunbutter and jelly (VG) o baby carrots w/ ranch 	<ul style="list-style-type: none"> chicken taco trio chicken fajita burrito cheese sandwich (VG) chicken salad sandwich (DF) o local corn
16	17	18	19	20
<ul style="list-style-type: none"> chicken bites (DF) bbq meatballs with cheesy rice egg salad sandwich (VG) (DF) mighty meaty deli combo o local green peas 	<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (VG) orange chicken rice bowl honey mustard chicken wrap chicken salad sandwich (DF) o baby carrots and edamame 	<ul style="list-style-type: none"> hot meatball sub cheese lasagna (VG) turkey and cheese sandwich ham and cheese sandwich o local sweet potatoes 	<ul style="list-style-type: none"> flame broiled cheeseburger oven roasted chicken(DF) bbq chicken wrap veggie chef's salad (VG) o chopped lettuce and sliced tomatoes w/ ranch 	<ul style="list-style-type: none"> kickin chicken melt sandwich cheese ravioli (VG) sesame chicken salad chicken caesar wrap o local green beans
23	24	25	26	27
<ul style="list-style-type: none"> egg and cheese panada pie (VG) crispy chicken sandwich (DF) turkey and cheese sandwich honey mustard chicken wrap o local corn 	<ul style="list-style-type: none"> cheesy chicken quesadilla baked mac & cheese and bbq chicken lunch combo veggie taco salad (VG) chicken salad sandwich (DF) o broccoli florets and garbanzo beans 			
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 6th and 23rd

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.

