



January 2023 K-8 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos <i>Original Popped Chips</i>	Chicken Tamale w/ Seasoned Corn	Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Turkey & Cheese Torta <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i>	Turkey Breast Sandwich on Whole Grain Roll <i>Mayonnaise</i> <i>Garbanzo Bean Salad</i>	Italian Turkey Submarine <i>Baby Carrots (1/2 c)</i>	Smoked Turkey & Cheese Sandwich on Knot Roll <i>Mayonnaise</i>
FEATURED ENTRÉE OF THE DAY				
2	3	4	5	6
Cheeseburger Oven Baked Fries <i>Ketchup</i>	Baked Ziti w/ Tomato Basil Meat Sauce	Beef Nachos <i>Original Popped Chips</i>	Chicken Tamale w/ Seasoned Corn	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>Apple (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
9	10	11	12	13
Chicken Patty Burger Oven Baked Fries <i>Ketchup</i>	Chicken Alfredo Pasta w/ Steamed Broccoli	Turkey & Bean Chili <i>Corn Muffin</i>	Chicken Tortilla Soup <i>Tortilla Chips</i>	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Broccoli Dipper w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
16	17	18	19	20
MLK HOLIDAY	Firecracker Chicken Yakisoba Noodles	Beef Picadillo w/ Black Beans & Rice	Chicken Drumstick w/ Mashed Potatoes <i>Cornbread Loaf</i>	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach, Tomato & Pickle Kit</i>
	<i>Dried Cranberries (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
23	24	25	26	27
Hot Dog Oven Baked Fries <i>Ketchup</i>	Zesty Pasta Bake w/ Tomato Basil Sauce & Vegan Crumble	Chicken Fajitas w/ Refried Beans, Peppers & Corn <i>Whole Grain Tortillas</i>	Chicken Noodle Soup <i>Whole Grain Cookie</i>	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Cucumber Slices w/Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Broccoli Dipper w/ Ranch Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Frozen Berry Cup (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
30	31	1	2	3
Honey Mustard Grilled Chicken Sandwich Oven Baked Fries <i>Ketchup</i>	Chicken Enchiladas w/ Creamy Green Salsa	Chicken Burrito Bowl w/ Pinto Beans & Rice	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes	PIZZA FRIDAY <i>Pepperoni or Cheese</i>
<i>Oven Baked Fries in Meal (3/4 c)</i>	<i>Baby Carrots (1/2 c)</i>	<i>Jicama Sticks w/ Tajin (1/4 c)</i>	<i>Baby Carrots (1/4 c)</i>	<i>Spinach Salad w/ Italian Dressing (1 c)</i>
<i>Pear (1/2 c)</i>	<i>Orange (1/2 c)</i>	<i>Banana (1/2 c)</i>	<i>Apple Sauce (1/2 c)</i>	<i>100% Fruit Juice (4 oz)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				