

# January Menu



| Monday                                                                                                                                                     | Tuesday                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                               | Thursday                                                                                                                                                                      | Friday                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>5</p> <p><b>Teacher In-Service</b><br/><b>(SCHOOLS CLOSED)</b></p>                                                                                      | <p>6</p> <p><b>AM Snack:</b> Animal Crackers<br/><b>Lunch:</b> Turkey/Cheese Sandwiches, Baby Carrots, Veggie Straws, Fruit, Milk (V) Cheese Sandwiches<br/><b>PM Snack:</b> Sliced Oranges</p> | <p>7</p> <p><b>AM Snack:</b> Yogurt w/Granola<br/><b>Lunch:</b> Meatballs w/Rice, Green Beans, Fruit, Milk (V) Vegetarian Meatballs<br/><b>PM Snack:</b> Pretzels</p>                                                   | <p>8</p> <p><b>AM Snack:</b> Rice Cakes<br/><b>Lunch:</b> Red Beans w/ Sausage &amp; Peppers, Cornbread, Fruit (V) Red Beans w/o Sausage<br/><b>PM Snack:</b> Apple Sauce</p> | <p><b>School Spirit Day</b> 9</p> <p><b>AM Snack:</b> Scones<br/><b>Lunch:</b> Roasted Chicken, Pasta, Veggies, Fruit, Milk (V) Vegetarian Grilled Chicken<br/><b>PM Snack:</b> Carrots w/Ranch</p> |
| <p>12</p> <p><b>AM Snack:</b> Trail Mix<br/><b>Lunch:</b> Cheese Pizza, Salad Fruit, Milk (V) N/A<br/><b>PM Snack:</b> Sliced Oranges</p>                  | <p>13</p> <p><b>AM Snack:</b> Bananas<br/><b>Lunch:</b> Beef Tacos w/Lettuce &amp; Cheese, Rice, Fruit, Milk (V) Impossible Beef Tacos<br/><b>PM Snack:</b> Fruit Snacks</p>                    | <p>14</p> <p><b>AM Snack:</b> Apples w/Honey<br/><b>Lunch:</b> Cajun Chicken, Orzo, Broccoli, Fruit, Milk (V) Vegetarian Grilled Chicken<br/><b>PM Snack:</b> Carrots w/Ranch</p>                                       | <p>15</p> <p><b>AM Snack:</b> Chewy Bars<br/><b>Lunch:</b> Baked Beef Ziti, Veggies, Garlic Bread, Fruit, Milk (V) Vegetarian Ziti<br/><b>PM Snack:</b> Cheese Sticks</p>     | <p><b>Registration Begins</b> 16</p> <p><b>AM Snack:</b> Red Velvet Cookies<br/><b>Lunch:</b> Fish Sticks, Fries, Fruit, Milk (V) Vegetarian Ziti<br/><b>PM Snack:</b> Goldfish</p>                 |
| <p>19</p> <p><b>MLK Jr. Holiday</b><br/><b>(SCHOOLS CLOSED)</b></p>                                                                                        | <p>20</p> <p><b>AM Snack:</b> Granola Bars<br/><b>Lunch:</b> Grilled Cheese, Tomato Soup, Fruit, Milk (V) N/A<br/><b>PM Snack:</b> Pretzels w/Raisins</p>                                       | <p><b>After School Enrichment Forms Due</b> 21</p> <p><b>AM Snack:</b> Bananas<br/><b>Lunch:</b> Chicken Tikka Masala, Rice, Cauliflower, Fruit, Milk (V) Vegetarian Grilled Chicken<br/><b>PM Snack:</b> Cucumbers</p> | <p>22</p> <p><b>AM Snack:</b> Oatmeal<br/><b>Lunch:</b> Spaghetti w/Meat Sauce, Veggies, Fruit, Milk (V) Spaghetti w/Marinara<br/><b>PM Snack:</b> Orange Muffins</p>         | <p>23</p> <p><b>AM Snack:</b> Muffins<br/><b>Lunch:</b> Chicken Tenders, Mashed Potatoes, Veggies, Fruit, Milk (V) Impossible Beef Tacos<br/><b>PM Snack:</b> Jell-O</p>                            |
| <p>26</p> <p><b>AM Snack:</b> Chewy Bars<br/><b>Lunch:</b> Cheeseburgers, Veggie Straws, Fruit, Milk (V) Veggie Burgers<br/><b>PM Snack:</b> Cheez-Its</p> | <p>27</p> <p><b>AM Snack:</b> Bananas<br/><b>Lunch:</b> Chicken Fried Steak, Mashed Potatoes, Veggies, Fruit, Milk (V) Impossible Beef Patties<br/><b>PM Snack:</b> Sliced Oranges</p>          | <p>28</p> <p><b>AM Snack:</b> Apples w/Honey<br/><b>Lunch:</b> Chicken Fajitas w/ Veggies, Rice, Fruit, Milk (V) Vegetarian Grilled Chicken<br/><b>PM Snack:</b> Hummus w/Pitas</p>                                     | <p>29</p> <p><b>AM Snack:</b> Yogurt w/Fruit<br/><b>Lunch:</b> Lo Mein, Dumplings, Veggies, Fruit, Milk (V) Vegetarian Dumplings<br/><b>PM Snack:</b> Sugar Cookies</p>       | <p><b>Registration Forms DUE</b> 30</p> <p><b>AM Snack:</b> Banana Bread<br/><b>Lunch:</b> Mac &amp; Cheese, Broccoli, Fruit, Milk (V) N/A<br/><b>PM Snack:</b> Trail Mix</p>                       |