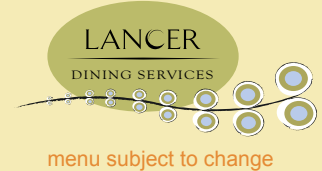


JANUARY

K-8 LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW....



ORANGES

have essential Vitamin contents, antioxidants, protein, water percentage, fiber, some necessary minerals that helps in keeping your body nutrition in a balanced manner.

Cheesy Beef Chili Dog **5**

Vegetarian Chili
Shredded Cheese
Fresh Carrots
Tropical Fruit Salad

Cold Alternative: Chicken Caesar Wrap

Beef Tacos **6**

Taco Sauce & Sour Cream
Shredded Lettuce & Cheese
Whole Grain Tortilla
Seasoned Pinto Beans
Banana

Cold Alternative: Turkey & Turkey Ham Sub

Chicken Parmesan with Marinara Sauce & Cheese **7**

Kale & Romaine Salad
Croutons & Dressing
Dinner Roll and Margarine
Fresh Melon

Cold Alternative:
Turkey & Cheese on Wheat Bread

BBQ Turkey on Whole Grain Bun **1**

Creamy Potato Salad
Fresh Broccoli & Ranch Dressing
Fresh Strawberries

Cold Alternative: Turkey Cold Cut Sub

Popcorn Chicken **2**

Dipping Sauce
Vegetable Fried Brown Rice
Fresh Cucumber Coins & Ranch Dressing
Banana

Alternative: Pizza with Cucumber,
Ranch Dressing & Banana

Breaded Chicken Patty on Bun **12**

Ranch Dressing
Grape Tomatoes
Baked Tater Rounds & Ketchup
Fresh Apple

Cold Alternative: Chicken Caesar Wrap

California Cheeseburger **13**

Ketchup & Pickles
Tomato, Cheese, Mayo & Shredded Lettuce
Vegetarian Baked Beans
Fresh Orange

Cold Alternative: Turkey & Turkey Ham Sub

WG Cheese Lasagna Rolls with Marinara Sauce **14**

Romaine Salad & French Dressing
Garlic Breadstick
Fresh Grapes

Cold Alternative:
Turkey & Cheese on Wheat Bread

Teriyaki Chicken Drumstick **15**

Vegetable Fried Brown Rice
Cole Slaw
Fresh Carrots
Mandarin Oranges

Cold Alternative: Turkey Cold Cut Sub

Beef and Cheese Nachos **16**

Corn Tortilla Chips
Shredded Lettuce
Steamed Green Beans
Banana

Alternative: Pizza with Salad & Banana

Hot Sub Sandwich **19**

Beef Meatballs, Mozzarella and Marinara
Fresh Carrots
Baked Tater Tots & Ketchup
Raisins

Cold Alternative: Chicken Caesar Wrap

Chicken Nuggets, Macaroni & Cheese **20**

Fresh Broccoli & Ranch Dressing
Fresh Apple

Cold Alternative:
Turkey & Turkey Ham Sub

Chicken Corn Dog **21**

Vegetarian Baked Beans
Romaine Salad & French Dressing
Banana

Cold Alternative:
Turkey & Cheese on Wheat Bread

Wheat Pancakes & Maple Syrup **22**

Turkey Sausage Links
Fresh Cucumber
Fresh Grapes
Veggie/Fruit Juice

Cold Alternative: Turkey Cold Cut Sub

BBQ Beef Riblet on Bun **23**

Cowboy Corn Salsa
Corn Tortilla Chips
Fresh Grape Tomatoes
Ranch Dressing
Fresh Orange

Alternative: Pizza with Grape Tomatoes,
Ranch Dressing & Orange

Chicken Nuggets **26**

BBQ Sauce
Steamed Green Beans
Dinner Roll & Margarine
Diced Peaches

Cold Alternative: Chicken Caesar Wrap

Beef Hot Dog on Bun **27**

Ketchup
Steamed Corn
Fresh Cucumber & Ranch Dressing
Fresh Melon

Cold Alternative: Turkey & Turkey Ham Sub

Chicken Fajitas **28**

Whole Grain Tortilla
Shredded Lettuce & Taco Sauce
Refried Beans & Cheese
Fresh Apple

Cold Alternative:
Turkey & Cheese on Wheat Bread

Italian Meat Sauce with Rotini Pasta **29**

Romaine Salad with Italian Dressing
Banana

Cold Alternative: Turkey Cold Cut Sub

Rotisserie Chicken Drumstick **30**

Brown Rice Pilaf
Fresh Carrots & Ranch Dressing
Fresh Grapes

Alternative: Pizza with Carrots & Grapes

MILK VARIETY SERVED AT EVERY MEAL • FAT FREE SKIM/ FAT FREE FLAVORED • 1%