



# Lunch Menu January 2019

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|   | 1<br> | 2   | 3  | 4  |
| 7<br>CRISPY CHICKEN SANDWICH<br>SALAD MIX   CORN<br>FRUIT                               | 8<br>BEEF TAQUITOS<br>RICE & BEANS<br>LETTUCE & TOMATOES<br>FRUIT                      | 9<br>CHICKEN FRIED RICE W/ STIR<br>FRY VEGGIES<br>CARROTS   CELERY<br>FRUIT | 10<br>PEPPERONI PIZZA<br>CARROTS   BROCCOLI<br>FRUIT | 11<br>BACON & TURKEY<br>SANDWICH<br>CUCUMBERS   PICKLES<br>FRUIT |
| 14<br>CHICKEN NUGGETS<br>MAC N CHEESE<br>CARROTS   CORN<br>FRUIT                        | 15<br>BEEF & BEAN BURRITO<br>CUCUMBERS   SALAD MIX<br>FRUIT                            | 16<br>SPAGHETTI W/ MEATSAUCE<br>CELERY   CUCUMBERS<br>FRUIT                 | 17<br>PEPPERONI PIZZA<br>CARROTS   BROCCOLI<br>FRUIT | 18<br>HAMBURGER<br>PICKLES   GREEN LEAF<br>FRUIT                 |
| 21<br> | 22<br>BEAN & CHEESE NACHOS<br>CUCUMBERS   SALAD MIX<br>FRUIT                           | 23<br>BAKED MARINARA BEEF ZITI<br>CARROTS   CELERY<br>FRUIT                 | 24<br>PEPPERONI PIZZA<br>CARROTS   BROCCOLI<br>FRUIT | 25<br>GRILLED HAM & CHEESE<br>MELT<br>CORN   CELERY<br>FRUIT     |
| 28<br>PEPPERONI CALZONE<br>CELERY   CORN<br>FRUIT                                       | 29<br>STEAK QUESADILLA<br>BEANS<br>LETTUCE & TOMATO<br>FRUIT                           | 30<br>CHICKEN ALFREDO PASTA<br>BROCCOLI   CARROTS<br>FRUIT                  | 31<br>PEPPERONI PIZZA<br>CARROTS   BROCCOLI<br>FRUIT |  |



Alternative fruit,  
Fat Free & 1% Milk  
Offered Daily



"Eat a variety of foods from the 5 food groups everyday, this will give your body the energy, vitamins, and minerals it needs"

*Menu is subject to change due to product availability*  
"This institution is an equal opportunity provider and employer"