



# Lunch

## January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chicken Parmesan WG Penne Tomato Sauce Peppers & Onions Spring Salad Dressing WG Breadstick Grapes
2	3	4	5	6	7	8
WG Chicken Nachos Black Beans Corn Spanish Brown Rice Lettuce & Tomato Salsa Spring Salad Fruit Cup	Chicken Patty WG Bun Lettuce and Tomato Carrot Sticks Ranch Dressing Corn Spring Salad Fruit Cup	WG Mac-N-Cheese Green Beans Tossed Salad Dressing WG Breadstick Fruit Cup	Mexicali Taco Boat Spanish Brown Rice WG Tortilla Chips Black Beans Cheese, Lettuce, Tomato, Salsa Spring Salad Fruit Cup	Turkey Dinner Mashed Potato Corn Sweet Potato Stuffing Cranberry Sauce Dinner Roll Tossed salad Gravy	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Turkey Meatball Sub Dinner Roll Tossed Salad WG Veggie Pasta Fruit Cup
9	10	11	12	13	14	15
Cheeseburger on WG Bun Lettuce and Tomato French Fries Carrot Sticks Spring Salad Fruit Cup	Turkey Frank on WG Bun Baked Beans Garden Salad Orange Slices	General Tso's Chicken Fried Rice Steamed Broccoli WG Wrap Pineapple Tossed Salad	WG Chicken Taquitos Spanish Brown Rice Black Beans, Lettuce Salas Spring Salad Fruit Cup	Beef & Macaroni Casserole Italian Green Beans Salad Dinner Roll Spring Salad Fruit Cup	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Grilled Chicken Ranch Wrap (WG) French Fries Spring Salad Red Pepper & Tomatoes Dressing Pineapple
16	17	18	19	20	21	22
Black Beans & Cheese Burrito Brown Rice Salsa Peppers & Onions Tossed Salad Fruit Cup	Closed in Observance of Martin Luther King Jr. Day	Fish Sandwich on WG Bun Lettuce WG Veggie Pasta Salad Tossed Salad Fruit	Chicken Fajitas Spanish Rice Refried Beans Lettuce Cheese Salsa Fruit	Pulled Pork WG Bun Sweet Potato Fries Coleslaw Spring Salad Fruit Cup	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Awesome Sloppy Joe WG Roll Corn Spring Salad Ranch Dressing Fruit Cup
23	24	25	26	27	28	29
Chicken Strips Dinner Roll Brown Rice Baby Carrots Ranch Dressing Spring Salad Fruit Cup	Meatball Sub WG Veggie Pasta Salad Green Beans Tossed Salad Fruit Cup	Chicken Pizza Quesadilla Pinto Beans Veggie Quinoa Salad Spring Salad Fruit	Tater Tot Nachos Beef & Bean Chili Roasted Broccoli Brown Rice Spring Salad Fruit Cup	Buffalo Chicken Sandwich WG Bun French Fries Coleslaw Spring Salad Apple Slices	WG Pizza Buffalo Chicken or Vegetable Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Chicken Sausage Sub Pepper & Onions Potato Chips Spring Salad Fruit Cup