



Lunch

January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Cheesburger on WG Bun Lettuce and Tomato French Fries Carrot Sticks Spring Salad Dressing Fruit Cup	Closed Happy Holiday!	General Tso's Chicken Fried Rice Steamed Broccoli WG Wrap Tossed Salad Dressing Pineapple	WG Baked Chicken Chimichanga Spanish Brown Rice Black Beans, Lettuce Salsa Spring Salad Fruit Cup	Beef & WG Macaroni Casserole Italian Green Beans WG Dinner Roll Spring Salad Dressing Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Grilled Chicken Ranch Wrap (WG) French Fries Spring Salad Red Pepper & Tomatoes Dressing Pineapple
8	9	10	11	12	13	14
Black Beans & Cheese WG Burrito Brown Rice Salsa Pepper & Onions Tossed Salad Fruit Cup	WG Cheese Calzone Marinara Sauce Roasted Cauliflower Spring Salad Dressing Fruit Cup	Fish Sandwich on WG Bun Lettuce Veggie Pasta Salad Carrot Sticks Tossed Salad Fresh Fruit	WG Chicken Fajitas Spanish Brown Rice Refried Beans Lettuce Cheese Salsa Spring Salad Fresh Fruit	Pulled Pork WG Bun French Fries Coleslaw Spring Salad Dressing Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Awesome Sloppy Joe WG Roll Corn Spring Salad Ranch Dressing Fruit Cup
15	16	17	18	19	20	21
Chicken Strips WG Dinner Roll Brown Rice Baby Carrots Ranch Dressing Spring Salad Fruit Cup	Closed Happy Holiday!	WG Turkey Burger Corn Roasted Sweet Potatoes Spring Salad Fresh Fruit	Tator Tot Nachos Beef & Bean Chili Roasted Broccoli Brown Rice Spring Salad Fruit Cup	Buffalo Chicken Sandwich WG Bun French Fries Coleslaw Spring Salad Dressing Apple Slices	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Chicken Sausage Sub Pepper & Onions Potato Chips Baked Beans Spring Salad Dressing Fruit Cup
22	23	24	25	26	27	28
Turkey Cheese Roll-Ups French Fries Tossed Salad Dressing Fruit Cup	Awesome Sloppy Joe WG Roll Potato Chips Carrot Sticks Tossed Salad Fresh Fruit	Chicken Soft Tacos Lettuce & Tomato Salsa Refried Beans Brown Rice Spring Salad Fruit Cup	Vegetable Chili/Cheese WG Tortilla Chips Brown Rice Corn Tossed Salad Dressing Watermelon	WG Chicken Parmesan Sandwich WG Veggie Pasta French Fries Salad Tossed Salad Fruit Cup	WG Cheese Pizza Spring Salad Carrot Sticks Ranch Dressing Fresh Fruit Cup	Chicken Parmesan WG Penne Tomato Sauce Peppers & Onions Spring Salad WG Breadstick Grapes
29	30	31				
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	Chicken Tenders WG Mac-N-Cheese Green Beans Tossed Salad Dressing WG Breadstick Fruit Cup				