QU		LWSD – Lunch Menu				January 2021	
ĥ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		4	5 Chicken Soft Taco OR Cheese Quesadilla <i>Includes Fruits,</i> Vegetables & Milk	6 Chicken Nuggets with Tots OR Cheese Breadstick with Marinara Sauce Includes Fruits, Vegetables & Milk	7 Bean & Cheese Burrito Includes Fruits, Vegetables & Milk	8 Spaghetti & Meatsauce OR Spaghetti & Marinara Includes Fruits, Vegetables & Milk	9 Pepperoni Pizza OR Cheese Pizza <i>Includes Fruits,</i> <i>Vegetables & Milk</i>
	10 Fish Sticks OR Pretzel with Cheese Sauce Includes Fruits, Vegetables & Milk	11 Chicken Burger with Fries OR Vegetarian Burger with Fries <i>Includes Fruits,</i> <i>Vegetables & Milk</i>	12 Beef Dippers with Rice & Veggies OR Vegetarian Chili with Tortilla Chips <i>Includes Fruits,</i> <i>Vegetables & Milk</i>	13 Chicken Corn Dog with Tots OR Cheese Breadstick with Marinara Sauce Includes Fruits, Vegetables & Milk	14 Bean & Cheese Burrito Includes Fruits, Vegetables & Milk	15 Hamburger Mac OR Macaroni & Cheese Includes Fruits, Vegetables & Milk	16 Popcorn Chicken OR Cheese Pizza Includes Fruits, Vegetables & Milk
	17 Fish Sticks OR Pretzel with Cheese Sauce Includes Fruits, Vegetables & Milk	18 Cheeseburger with Fries OR Vegetarian Burger with Fries <i>Includes Fruits,</i> <i>Vegetables & Milk</i>	19 Beef Nachos OR Cheese Quesadilla <i>Includes Fruits,</i> Vegetables & Milk	20 Popcorn Chicken with Tots OR Cheese Breadstick with Marinara Sauce Includes Fruits, Vegetables & Milk	21 Fish Sticks OR Individual Cheese Pizza <i>Includes Fruits,</i> <i>Vegetables & Milk</i>	22 Spaghetti & Beef Meatballs OR Spaghetti & Marinara Includes Fruits, Vegetables & Milk	23 Bean & Cheese Burrito Includes Fruits, Vegetables & Milk
	24 Cheese Pizza Includes Fruits, Vegetables & Milk	25 Chicken Burger with Fries OR Vegetarian Burger with Fries Includes Fruits, Vegetables & Milk	26 Turkey Soft Taco OR Cheese Quesadilla Includes Fruits, Vegetables & Milk	27 Chicken Nuggets with Tots OR Cheese Breadstick with Marinara Sauce Includes Fruits, Vegetables & Milk	28 Bean & Cheese Burrito Includes Fruits, Vegetables & Milk	29 Asian Chicken with Noodles & Veggies OR Vegetarian Chili with Tortilla Chips Includes Fruits, Vegetables & Milk	30 Fish Sticks OR Cheese Pizza <i>Includes Fruits,</i> <i>Vegetables & Milk</i>
	31 Popcorn Chicken OR Macaroni & Cheese Includes Fruits, Vegetables & Milk						

MEN

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