




Type School Name Here

**MCFI**

**9-12 Hot Lunch UPDATED**



**January  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> WG Italian Cheesy Pull-Aparts Marinara Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>4</b> Sweet and Sour Chicken WG Brown Rice WG Cracker Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>5</b> WG Cheese Ravioli with Shredded Cheese WG Breadstick WG Cracker Steamed Mixed Vegetables Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>6</b> <b>NATIONAL BEAN DAY</b> WG Beef and Cheese Burrito Taco Sauce Packet Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk 	<b>7</b> Chef's Salad with Diced Turkey Ham, Shredded Cheese and Ranch Dressing WG Dinner Roll with Margarine Assorted WG Graham Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
<b>10</b> Baked Chicken Leg WG Biscuit with Margarine Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>11</b> <b>NATIONAL MILK DAY</b> Salisbury Steak WG Dinner Roll with Margarine WG Cracker Mashed Potatoes Seasonal Fruit 100% Fruit Juice Choice of Milk 	<b>12</b> WG Calzone Marinara Sauce Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>13</b> <b>BRUNCH FOR LUNCH</b> Chicken Smackers (10) WG Waffle or Pancake Pouch Syrup Cup and BBQ Packet Sunset Sip Juice Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>14</b> Domino's Cheese Pizza Romaine Salad with Ranch (2) Seasonal Fruit 100% Fruit Juice Choice of Milk
<b>17</b> Manager's Choice Entree Manager's Choice Side Steamed Vegetables Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>18</b> Beef Tacos on a WG Tortilla Taco Sauce Packet Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>19</b> Chicken Corn Dog Ketchup Packet Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>20</b> <b>NATIONAL CHEESE LOVER'S DAY</b> WG Cheese Quesadilla Taco Sauce Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk 	<b>21</b> Shredded Turkey and Gravy on WG Bun Potato Wedges Ketchup Packet Seasonal Fruit 100% Fruit Juice Choice of Milk
<b>24</b> <b>BRUNCH FOR LUNCH</b> Chicken Breakfast Sausage, Egg and Cheese Breakfast Sandwich on WG Biscuit Grape Jelly Sunset Sip Juice Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>25</b> Hamburger on WG Bun Ketchup Packet Steamed Peas Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>26</b> WG Queso Cheesy Pull-Aparts Salsa Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>27</b> Homemade Sloppy Joe on WG Bun Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>28</b> Italian Meatball Sub with Shredded Cheese on WG Bun Steamed Broccoli Seasonal Fruit 100% Fruit Juice Choice of Milk
<b>31</b> Non-WG Mac and Cheese WG Chicken Smackers (5) with BBQ Packet WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.			



**January Nutrition Tip: Stay Active!**

It is important to stay active even during the winter months. Get outside (or stay indoors) and spend some quality time with family while staying physically active. Outdoors you can get some extra Vitamin D too (yes even in winter!)

Source: [mkewithkids.com](http://mkewithkids.com)

For ideas, click the QR Code!

