



# JANUARY | 2023

## LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki Dippers Baked Beans Dinner Roll Fresh Fruit Choice of Milk	3 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	4 Sliced Cheese Pizza Cucumbers Fresh Fruit Choice of Milk	5 Mac and Cheese Chicken Tenders Broccoli Fresh Fruit Choice of Milk	6 Bosco Sticks with Marinara Sauce Green Beans Fresh Fruit Choice of Milk
9 Chicken Quesadilla Refried Beans Fresh Fruit Choice of Milk	10 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit Choice of Milk	11 Pizza Crunchers Corn Fresh Fruit Choice of Milk	12 Lasagna Roll Ups Garlic Bread Carrots Fresh Fruit Choice of Milk	13 Hamburger Cauliflower Fresh Fruit Choice of Milk
16 NO SCHOOL 	17 Grilled Cheese Tomato Soup Fresh Fruit Choice of Milk	18 French Bread Pizza Baked Beans Fresh Fruit Choice of Milk	<u>National Popcorn Day!</u> 19 Popcorn Chicken Biscuit Corn Fresh Fruit Choice of Milk	20 Breaded Chicken Sandwich Celery Fresh Fruit Choice of Milk
25 <u>National Pie Day</u> Chicken Pot Pie Green Beans Fresh Fruit Choice of Milk	24 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	25 Sliced Cheese Pizza Cucumbers Fresh Fruit Choice of Milk	26 Mac and Cheese Chicken Tenders Broccoli Fresh Fruit Choice of Milk	27 Bosco Sticks with Marinara Sauce Baked Beans Fresh Fruit Choice of Milk
30 Chicken Quesadilla Refried Beans Fresh Fruit Choice of Milk	31 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit Choice of Milk	1 Lasagna Roll Ups Garlic Bread Carrots Fresh Fruit Choice of Milk	<u>National Tater Tot Day</u> 2 Hamburger Tater Tots Fresh Fruit Choice of Milk	3 Pizza Crunchers Cauliflower Fresh Fruit Choice of Milk

### Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

### Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>v</sup>
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

\*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

### Meal Prices:

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50