

JANUARY 2023 Prep/Middle Lunch Calendar

Lunch Meal Pattern - K- 8th
Select a minimum of 3 components

- 1 meat/ meat alternative** = 1oz
--lean meat, poultry, alternative protein,
cheese, egg, nut butter, yogurt
- 1 Vegetable** = 3/4 cup
- 1 Fruit** = 1/2cup
--fruit/juice
- 1 whole grain rich (WG) selection (s)** =
1oz
--bread, biscuit, roll, pasta, noodle, grain
- 1 milk** = 1 cup
--fluid milk

**Menu is subject to change
without notice**



**This institution is an
equal opportunity
provider.**

Mon	Tue	Wed	Thu	Fri
2 NO SCHOOL 	3 Beef Nachos Tortilla Chips/Salsa Shredded Lettuce Wango Mango Banana/Milk	4 Chicken Patty Wg Bun Mashed Potatoes Strawberry Cups Milk	5 Popcorn Chicken Broccoli w/Cheese Apple Juice Milk	6 Cheese Pizza Carrot Coins Garlic Hummus Fruit Punch Milk
9 Hamburger Wg Bun French Fries Applesauce Cup Milk	10 Chicken Taco Wg Tortilla Shell Black Beans Fruit Punch Milk	11 Chicken Parm Casserole Wg Pasta Romaine Salad Sliced Pears Milk	12 Cheese Pizza Cucumber Slices Mango Sidekick Milk	13 NO SCHOOL
16 NO SCHOOL 	17 Beef Taco Wg Tortilla Shell Cheese/Salsa Romaine Salad Apple/Milk	18 Turkey Hotdog Wg Bun Baked Beans Fruit Punch Milk	19 Brunch 4 Lunch Mini Pancakes Turkey Sausage Merry Cherry Apple Slices Milk	20 Cheese Pizza Orange Smiles Carrots Milk
23 Chicken Nuggets Steamed Corn Apple Juice Milk	24 Spicy Nachos Tortilla Chips Romaine Salad RF Ranch Banana/Milk	25 Baked Spaghetti w/ Meat Sauce Green Beans Applesauce Cup Milk	26 Hamburger Wg Bun Baked Beans Sliced Peaches Milk	27 Cheese Pizza Carrot Sticks Fruit Punch Milk
30 Meatballs & Mac Dragon Juice Applesauce Cup Milk Middle-Green Beans	31 Chicken Taco Wg Tortilla Shell Black Beans Fruit Punch Milk			