



**Main Lunch Menu
January 2024**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or

1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| January 1 HAPPY NEW YEAR! <div style="border: 1px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;">SCHOOL HOLIDAYS</div> | January 2 | January 3 WG Pasta w/Meat Sauce Peas Fruit Milk | January 4 Turkey Ham and Cheese on WG Bun Chic Pea Salad Mayonnaise Fruit Milk | January 5 <div style="text-align: center;">Early Dismissal</div> |
| January 8 Chicken, Turkey Pepperoni and Cheese on WG Bun Carrot Sticks w/ Ranch Dressing Mayonnaise Fruit Milk | January 9 Turkey Sausage String Cheese (3+ Only) WG French Toast Tomato and Cucumber Salad Fruit Milk | January 10 Mac & Cheese w. WG Pasta Mixed Vegetables Fruit Milk | January 11 Italian Meatball Parmesan Sandwich on WG Hoagie Roll Corn Fruit Milk | January 12 Curry Chicken Brown Rice Fresh Broccoli Ranch Dressing Fruit Milk <i>National Curry Chicken Day!</i> |
| January 15 <div style="text-align: center;">School Holiday</div> | January 16 WG Chicken Tenders Mashed Potatoes Ketchup Fruit Milk | January 17 Turkey Burger WG Sandwich Roll Green Beans Fruit Milk | January 18 Taco Beef w/Cheddar Cheese Brown Rice Corn & Black Bean Salad Fruit Milk | January 19 Italian Chicken Pasta Salad Tomato and Cucumber Salad Fruit Milk |
| January 22 Grilled Chicken Red Beans & Rice Fruit Milk <i>National Southern Food Day!</i> | January 23 Potato & Cheese Pierogis Carrot Sticks Ranch Dressing Fruit Milk | January 24 Turkey Ham and Cheese Sandwich Tomato and Cucumber Salad Mayonnaise Fruit Milk | January 25 Chicken Pot Pie (Grilled Chicken in Gravy w/Mix Vegetables) WG Biscuit Fruit Milk | January 26 BBQ Meatballs Buttered Noodles Fresh Broccoli Fruit Milk |
| January 29 Italian Turkey Sandwich on WG Bun Carrot Sticks Ranch Dressing Mayo Fruit Milk | January 30 Egg Patty w/Cheese WG Bagel Breakfast Potatoes Fruit Milk | January 31 Chicken, Cheddar Cheese, and Brown Rice Bake Mixed Vegetables Fruit Milk | February 1 Hamburger Slider w/Cheddar Cheese WG Bun Chic Pea Salad Fruit Milk | February 2 Grilled Chicken Parmesan w/Marinara Sauce and Mozzarella Cheese WG Pasta Fresh Broccoli Ranch Dressing Fruit Milk |

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos