

HENKING, LYON, WESTBROOK

# JANUARY 2024 LUNCH MENU



Complete Lunch \$3.25  
Milk Only \$0.60

All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)

## MON

## TUE

## WED

## THU

## FRI

8  
Cheeseburger  
(cheese optional)  
or  
Black Bean Burger  
  
Potato Smiles  
Baked Beans  
Pineapple Cup

9  
Popcorn Chicken  
or  
Vegan Nuggets  
with Goldfish  
Crackers  
  
Peach Cup  
Corn on the Cob

10  
Cheese Pizza  
Slice  
  
Apple Slices  
Tossed Salad

11  
Toasted Grilled  
Cheese  
  
Tomato Soup  
Honeydew Melon

12  
French Toast with  
Turkey Sausage  
or  
French Toast with  
Veggie Sausage  
  
Hash Brown  
100% Juice Cup

15  
No School

16  
Orange Chicken &  
Rice or Orange  
Vegan Chicken &  
Rice  
and Fortune Cookie  
  
Garlic Broccoli  
Applesauce Cup

17  
Bosco Sticks with  
Marinara Sauce  
  
Watermelon  
Sweet Corn

18  
Beef Nachos  
or  
Bean & Cheese  
Burrito  
  
Refried Beans  
Grapes

19  
Creamy Italian  
Mac n' Cheese  
with Roll  
  
Caesar Salad  
Orange Wedges

22  
Cheesy Bites with  
Marinara Sauce  
  
Baby Carrots  
Apple Slices

23  
Chicken Tenders  
or Vegan Nuggets  
with Fresh Baked  
Cornbread  
  
Mandarin Oranges  
Sautéed Green  
Beans

24  
Cheese Pizza  
Slice  
  
Roasted Chickpeas  
Cucumber Slices  
Banana

25  
Pasta & Meatsauce  
or Pasta with  
Marinara Sauce &  
Mozzarella Cheese  
  
Roasted Broccoli  
Clementine

26  
Mini Pancakes with  
Turkey Sausage  
or  
Mini Pancakes with  
Veggie Sausage  
  
Breakfast Potatoes  
100% Juice Cup

29  
All Beef Hot Dog  
or  
Bean & Cheese  
Burrito  
  
Sweet Potato Fries  
Pear Cup

30  
Chicken Nuggets  
or  
Vegan Chicken  
Nuggets with  
a Soft Pretzel  
  
Grapes  
Roasted Veggies

31  
Bosco Sticks with  
Marinara Sauce  
  
Caesar Salad  
Cantaloupe

Joke of the Month  
What kind of  
sandwiches do  
whales eat?

*Peanut Butter &  
Jellyfish*

DAILY COLD LUNCH OPTIONS

YOGURT PACK WITH GRANOLA, CHEESE, & CRACKERS  
PB&J UNCRUSTABLE

OFFERED ON FRIDAYS: BYO PIZZA KIT WITH FLATBREAD, MARINARA, & CHEESE