

JANUARY

This institution is an equal opportunity provider.
Menus are subject to change.



**Chambersburg Area
FLC**

2

Breakfast

Apple Muffin

Lunch

BBQ Boneless Wings
-or- Cheeseburger



3

Breakfast

French Toast

Lunch

Mac & Cheese
-or- Cheeseburger



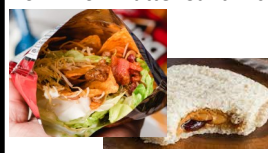
4

Breakfast

Mini Chicken Crossiant

Lunch

Beef Walking Taco
-or- Wow Butter Sandwich



5

Breakfast

Pancake on a stick

Lunch

Pizza Quesadilla
-or- Cheeseburger



8

Breakfast

Golden Grams Bar

Lunch

BBQ Chicken Sandwich
-or- Rib-B-Que



9

Breakfast

Apple Churro

Lunch

Spaghetti & Breadstick
-or- Wow Butter Sandwich



10

Breakfast

Chocolate Muffin

Lunch

Chicken & Waffles
-or- Turkey Wrap



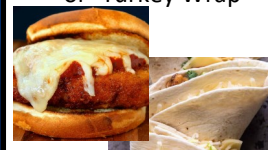
11

Breakfast

Mini Pancakes

Lunch

Chicken Parm Sandwich
-or- Turkey Wrap



12

Breakfast

Coca Puff Cereal

Lunch

Pizza Crunchers
-or- Turkey Wrap



NO CLASS 15



16

Breakfast

Cinnamon Waffles

Lunch

Hot Dog
-or- Muffin Munchable



17

Breakfast

Cocoa Puff Bar

Lunch

Chicken Nuggets
-or- Muffin Munchable



18

Breakfast

Blueberry Waffles

Lunch

COOK'S CHOICE
-or- Muffin Munchable



19

Breakfast

Breakfast Burrito

Lunch

Cheese Pizza
-or- Muffin Munchable



22

Breakfast

Cheese Stuffed Pretzel

Lunch

BBQ Meatballs
-or- Hot Ham Pretzel



23

Breakfast

Apple Frudel

Lunch

Pancake Brunch
-or- Wow Butter Sandwich



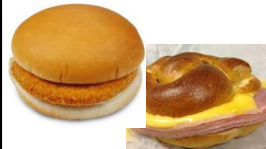
24

Breakfast

Blueberry Muffin

Lunch

Chicken Patty
-or- Hot Ham Pretzel



25

Breakfast

Coca Puff Cereal

Lunch

Lasagna
-or- Hot Ham Pretzel



26

Breakfast

Mini Cinni

Lunch

Cheese Dipper
-or- Hot Ham Pretzel



29

Breakfast

Cinnamon Mini Bagels

Lunch

Pulled Pork
-or- Mini Corn Dogs



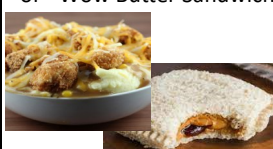
30

Breakfast

Mini Maple Waffles

Lunch

Mashed Potato Bowl
-or- Wow Butter Sandwich



31

Breakfast

Trix Cereal Bar

Lunch

Chicken Tenders
-or- Mini Corn Dogs



All Meals include a selection of Chilled Fruit ,
Fresh Fruits, Fresh Veggies, and Hot Vegetables

Every complete meal
we serve comes with
your choice of lowfat
or nonfat milk!

