



Main Lunch Menu

January 2025

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1%

unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ 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
<p>January 6</p> <p>Beef & Bean Chili WGR Dinner Roll Fruit Milk "National Bean Day"</p>	<p>January 7</p> <p>WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk</p>	<p>January 8</p> <p>Egg Patty & Cheese on WGR Bagel Breakfast Potatoes Fruit Milk</p>	<p>January 9</p> <p>Meatloaf w/Beef Gravy WGR Dinner Roll Mixed Vegetables Fruit Milk</p>	<p>January 10</p> <p>WGR Cheese Pizza Celery Sticks Ranch Dressing Fruit Milk</p>
<p>January 13</p> <p>Turkey & Cheese Sandwich on WGR Bread Green Beans Fruit Milk</p>	<p>January 14</p> <p>Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk</p>	<p>January 15</p> <p>Mac & Cheese w/ WGR Pasta Mixed Vegetables Fruit Milk</p>	<p>January 16</p> <p>WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk</p>	<p>January 17</p> <p>WGR Cheese Pizza Celery Sticks Ranch Dressing Fruit Milk</p>
<p>January 20</p> <p>SCHOOL HOLIDAY</p>	<p>January 21</p> <p>Turkey Sausage String Cheese WGR French Toast Carrot Sticks w/ Ranch Dressing (Cooked Carrots) Fruit Milk</p>	<p>January 22</p> <p>Grilled Chicken w/Salsa Red Beans & Brown Rice Fruit Milk</p>	<p>January 23</p> <p>Baked Turkey Ham Steak WGR Dinner Roll Green Beans Fruit Milk</p>	<p>January 24</p> <p>WGR Cheese Pizza Celery Sticks Ranch Dressing Fruit Milk</p>
<p>January 27</p> <p>Grilled Chicken Pot Pie w/Mixed Vegetables WGR Biscuit Fruit Milk</p>	<p>January 28</p> <p>WGR Pasta w/ Meat Sauce Green Beans Fruit Milk</p>	<p>January 29</p> <p>Turkey & Cheese Hoagie on WGR Roll w/ Mayonnaise Cucumbers (Peeled and Diced Cucumber) Fruit Milk</p>	<p>January 30</p> <p>Chicken Salad Sandwich on WGR Croissant Carrot Sticks (Chic Peas) Ranch Dressing Fruit Milk "National Croissant Day"</p>	<p>January 31</p> <p>Mac & Cheese w/ Diced Turkey Ham and WGR Pasta Brussel Sprouts Fruit Milk "National Brussel Sprouts Day"</p>

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

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, Blueberries