

Renville County West January Lunch Menu Pre-K -12th Grade

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 NO SCHOOL	2	3
			Popcorn Chicken Bowl Whole Grain Dinner Roll Ham Deli Sandwich Crispy Chicken Salad	Chili Cornbread Ham Deli Sandwich Crispy Chicken Salad
			Mashed Potatoes Steamed Corn Variety of Veggies Fruit Selection Choice of Milk	Green Beans Variety of Veggies Fruit Selection Choice of Milk
6	7	8	9	10
Crispy Chicken Nuggets Whole Grain Dinner Roll Munchable Option Turkey BLT Salad 7-12th Only 2nd Hot Option Cheeseburger Green Beans Variety of Veggies Fruit Selection Choice of Milk	Fluffy Pancakes Easy Egg Bake Ham or Turkey Sandwich Buffalo Chicken Fajita Wrap 7th-12th Only 2nd Hot Option Sausage Biscuit with Cheese Tater Tots Variety of Veggies Fruit Selection Choice of Milk	Orange Chicken Seasoned Brown Rice Munchable Option Turkey BLT Salad Steamed Carrots Variety of Veggies Fruit Selection Choice of Milk	Corn Dog Ham or Turkey Sandwich Buffalo Chicken Fajita Wrap 7-12th Only 2nd Hot Option Crispy Chicken Patty Baked Beans Variety of Veggies Fruit Selection Choice of Milk	Pepperoni Pizza Mini Rice Krispie Treat Munchable Option Turkey BLT Salad Roasted Broccoli Variety of Veggies Fruit Selection Choice of Milk
13	14 HOM- Winter Savory	15 LTO- Indian Chickpea Masala Tasting	16	17
Hot Dog Munchable Option Chef Salad 7-12th Only 2nd Hot Option Cheeseburger French Fries Variety of Veggies Fruit Selection Choice of Milk	Lasagna Garlic Toast Ham or Turkey Sandwich Chef Salad 7-12th Only 2nd Hot Option Hawaiian Pizza Roasted Broccoli Variety of Veggies Fruit Selection Choice of Milk	Crispy Chicken Patty Munchable Option Chef Salad Kung Fu Carrots Variety of Veggies Fruit Selection Choice of Milk	BBQ Pulled Pork Ham or Turkey Sandwich Indian Chickpea Masala - LTO 7-12th Only 2nd Hot Option Crispy Chicken Patty Baked Beans Variety of Veggies Fruit Selection Choice of Milk	Spaghetti Garlic Breadstick Munchable Option Chef Salad California Blend Vegetable Variety of Veggies Fruit Selection Choice of Milk
20 NO SCHOOL	21	22 HOM- Grapefruit & Cabbage	23	24
	Taco-in-a-Bag Ham or Turkey Sandwich Buffalo Chicken Wrap Spiced Pinto Beans Variety of Veggies Fruit Selection Choice of Milk	BBQ Rib Sandwich Munchable Option Chicken Caesar Salad 7-12th Only 2nd Hot Option The "Mac" Flatbread Grapefruit Orange Coleslaw Glazed Carrots Variety of Veggies Fruit Selection Choice of Milk	Cheeseburger Ham or Turkey Sandwich Buffalo Chicken Wrap Corn Variety of Veggies Fruit Selection Choice of Milk	Sausage Pizza Homemade Brownie Munchable Option Chicken Caesar Salad Steamed Broccoli Variety of Veggies Fruit Selection Choice of Milk
27	28	29 LTO- Turkey Piegga Tasting	30	31
Crispy Chicken Nuggets Whole Grain Dinner Roll Munchable Option Crispy Chicken Salad 7-12th Only 2nd Hot Option Cheeseburger Glazed Carrots Variety of Veggies Fruit Selection Choice of Milk	Carnita Nachos Ham or Turkey Sandwich Turkey BLT Wrap Refried Beans Variety of Veggies Fruit Selection Choice of Milk	Cheesy Italian Flatbread Marinara Sauce Munchable Option Crispy Chicken Salad Steamed Green Beans 7-12th Only 2nd Hot Option Alfredo Flatbread Variety of Veggies Fruit Selection Choice of Milk	Italian Meatball Sub Ham or Turkey Sandwich Turkey BLT Wrap Turkey Piegga Steamed Corn 7-12th Only 2nd Hot Option Crispy Chicken Patty Variety of Veggies Fruit Selection Choice of Milk	Pepperoni Pizza Munchable Option Crispy Chicken Salad Roasted Broccoli Variety of Veggies Fruit Selection Choice of Milk

Student Lunch FREE \$5.00 Adult Meal Extra Entrée \$2.25 Salad Only \$3.00 Extra Milk \$.50

Milk Choice of White Skim Milk or Chocolate Milk is included in Lunch. Entrée Salads are served with a Dinner Roll. For Questions Please Contact Food Service at: kgarza@rcw.k12.mn.us





Menus and nutrition



Menus are subject to change without notice. This institution is an equal opportunity provider.