



January 2012

School Lunch Menu served with 8oz Milk



Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Lasagna Mixed Vegetables Fresh Pear Multi-Grain Bread 2	Chicken and Vegetable Stir Fry Brown Rice Fresh Banana Fortune Cookie 3	Roast Turkey w/ Gravy Rice and Beans Spinach Fresh Orange Whole Wheat Bread 4	Grilled Chicken Spinach Salad Ranch Dressing Fresh Apple Whole Wheat Roll 5	Chicken Tenders Brown Rice Carrots Fresh Orange Whole Wheat Bread 6
All Beef Riblet in BBQ Sauce Vegetable Brown Rice Italian Blend Vegetables Fresh Banana Hamburger Bun 9	Chicken Parmesan Penne Pasta w/Marinara Sauce Broccoli Fresh Pear Wheat Bread 10	Meatball Sub w/Marinara Sauce Green Peas Applesauce Sub Roll 11	Zesty Breaded Orange Chicken Bowtie Pasta California Blend Vegetables Fresh Orange 12	Whole Wheat Two Cheese Pizza Corn Broccoli Fresh Apple 13
MARTIN LUTHER KING, JR DAY 16	Vegetarian Hot Pocket Egg Noodles Mixed Vegetables Fresh Banana 17	Macaroni & Cheese Italian Blend Vegetables Fresh Orange Multi-Grain Bread 18	Chicken Caesar Salad w/Tomatoes & Cucumbers Italian Bread Caesar Dressing Fresh Apple 19	Cheese Tortellini w/Marinara Sauce Capri Blend Vegetables Fresh Orange Whole Wheat Bread 20
Breaded Chicken Tenders Tri Color Pasta Broccoli Fresh Banana Wheat Bread Ketchup 23	Shepherd's Pie Sauteed Spinach Fresh Pear Dinner Roll 24	Hot Dog Rice and Beans Corn on the Cob Applesauce Hot Dog Bun Ketchup 25	BBQ Turkey Meatballs Bowtie Pasta Italian Blend Vegetables Fresh Orange Multi-Grain Bread 26	Whole Wheat Two Cheese Pizza Green Beans Reduced Fat Chips Fresh Apple 27
Breaded Chicken Bites Sweet & Sour Dipping Sauce Rice and Black Beans Mixed Vegetables Fresh Pear 30	All Beef Hamburger Sweet Potato Wedges Broccoli Fresh Banana Hamburger Bun Ketchup 31			