



JANUARY 2021

Child Nutrition Pre K – 8th

HOT LUNCH MENU

Monday

Grilled Cheese Sandwich **4**
Steamed Carrots, $\frac{1}{2}$ cup
Seasoned French Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Roasted Chicken Pieces **11**
WG Breadstick
Brown Rice $\frac{1}{2}$ cup
Kidney Beans, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk



Quesadilla with Cheese **25**
Steamed Carrots, $\frac{1}{2}$ cup
Black Bean Salad, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Tuesday

Penne Pasta with **5**
Beef Meatballs
Marinara Sauce 2oz
Green Beans, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Baked Macaroni **12**
& Cheese
Carrot Coins, $\frac{1}{2}$ cup
Steamed Broccoli, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Chicken Fajita w/ cheese **19**
on Soft Shell
Black Bean Salad, $\frac{1}{2}$ cup
Roasted Corn, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Brunch for Lunch **26**
Egg & Cheese on a
WG Bagel/English Muffin
Hash Browns $\frac{1}{2}$ cup
Green Pepper Strips, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Wednesday

Brunch for Lunch **6**
Egg & Cheese on a
WG Bagel/English Muffin
Hash Browns $\frac{1}{2}$ cup
Green Pepper Strips, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Chicken Patty on a Bun **13**
Honey Mustard & BBQ Sauce
Potato Wedges- $\frac{3}{4}$ cup
Fresh Seasonal Fruit, $\frac{1}{2}$ cup
Choice of Milk

Beef Cheeseburger on Bun **20**
Sweet Potato Fries, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Chicken Fajita **27**
Penne Pasta
Parmesan Cheese
Steamed Broccoli, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Thursday

Breaded Chicken Smacker **7**
Teriyaki Sauce
with Brown Rice
Steamed Broccoli, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Turkey Tacos on **14**
a Soft Tortilla Shell
Shredded Lettuce
Green Pepper Strips, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Chicken Nuggets with **21**
Potato Wedges, $\frac{1}{2}$ cup
Steamed Broccoli, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Beef Tacos on **28**
a Soft Tortilla Shell
Shredded Lettuce
Sweet Potato Fries, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Friday



Cheese Pizza **8**
Steamed Broccoli, $\frac{1}{2}$ cup
Chickpea Salad, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Sicilian Pizza **15**
Steamed Zucchini, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Mozzarella Sticks **22**
Rotini Pasta
Marinara Sauce
Steamed Spinach, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Cheese Pizza **29**
Steamed Zucchini, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

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Assorted Fruit

Fresh Fruit-1 Piece
ex (apple, banana,
orange)

Frozen Fruit Cup $\frac{1}{2}$
cup

Prepared Fruit Cup
 $\frac{1}{2}$ cup
Ex. (pear, pear,
peaches,
applesauce)