



Grab and Go SANDWICH
Italian Sub (28g)
Turkey Wrap (29g),
Tuna Salad wrap(31g
Ham & Cheese Sub (28g)



Grab and Go Salads

Chef Salad (8g),
Garden Salad (14.5g), or
Caesar Salad (15g)
All Salads come with your
choice of whole grain
(Cheese Its, Goldfish,
whole grain Muffin)

All Lunches Must
Include a Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk



December 11, 2023
January 26, 2024

MON	TUES	WED	THURS	FRI
¹¹ Hot Roast Beef Sandwich Whipped Potatoes W/Gravy Roasted Corn Fruit Cocktail	¹² Bosco Sticks W/ Marinara Sauce Mixed Vegetable Pineapple Bits	¹³ Sweet & Sour Chicken Over Rice WG Dinner Roll Mixed Vegetable	¹⁴ French Toast Turkey Sausage Hash Browns Apple Sauce	¹⁵ Macaroni & Cheese W/ Pretzel Rod Steamed Broccoli Sliced Peaches
¹⁸ Chicken Quesadillas w/ Salsa Spanish Rice Black Beans	¹⁹ Bosco Sticks Marinara Sauce Mixed Vegetable Orange slices	²⁰ Chef Choice	²¹ Sloppy Joe on WG Bun Oven Fried Potatoes Sliced Peaches California Blend	²² Chef Choice
⁸ Chef Choice	⁹ Bosco Sticks Marinara Sauce Mixed Vegetable Pineapple	¹⁰ No Lunch Half Day	¹¹ No Lunch Half Day	¹² No Lunch Half Day
¹⁵ MLK Day	¹⁶ Chef Choice	¹⁷ Chicken Pineapple Bowl WG Dinner Roll Vegetable Blend	¹⁸ 2 Breakfast Burrito With Salsa Hash Browns Orange Smiles	¹⁹ Grilled Cheese French Fries Baked Beans Slice Apples
²² Cheese Quesadillas Refried Beans Mixed Vegetable Fruit Cocktail	²³ Bosco Sticks w/Marinara Sauce Seasoned Carrots Fresh Grapes	²⁴ Hot Honey Chicken Biscuit Tostada Black Bean & Corn Salsa Pineapple Tidbits	²⁵ Philly Steak Cheese Sub w/ Grilled Peppers and Onions Oven Fries Mandarin Oranges	²⁶ Pretzel Roll Melt w/ Tato Tarts Apple Sauce

CHICKEN:

**Crispy or Spicy Chicken Sandwich (48g),
Nuggets (14g)**

**BURGERS: Cheeseburger (39g) Hamburger
(38g) & Veggie Burger (42g)**

Apples 19g, Oranges 15g, Side Salad 6g

Monday: Fruit cocktail 18g, Fresh Broccoli 1g & Kickin' Pintos 19g or Baked Beans 19g

Tuesday: Pears 18g, Seasoned Carrots 4g & Celery Sticks 3g

Wednesday: Peaches 18g, Baby Carrots 1g & Broccoli 4g

Thursday: Pineapple 17g, Celery Sticks 3g & Green Beans 4g, or Mixed Vegetable 6g

Friday: Applesauce 14g, Baby Carrots 1g & Tater Tots 19g or Curly Fries 19g, or Corn 4g