

# LUNCH

-2024-

# JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Nutrition Tip:** Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate  
North American Food Service



1	2	3	4	5
				
8 Hot Turkey Ham & Cheese Sandwich Baked Beans Sweet Potato Fries Mixed Berries Assorted Milk	9 Meatloaf Seasoned Brown Rice Sweet Cinnamon Squash Green Beans Fresh Fruit Assorted Milk	10 Chicken Bowl Dinner Roll Strawberries & Bananas Assorted Milk	11 Chicken Nuggets Honey Dilled Carrots Roasted Cauliflower Blueberries Assorted Milk	12 Spaghetti w/ Meat Balls WG Garlic Breadstick Romaine Salad Lite Ranch Dressing Fresh Fruit Assorted Milk
15 	16 Crunchy Hawaiian Chicken Wrap Celery Sticks Hummus Pineapple Tidbits Assorted Milk	17 Cheese & Chili Tamale Steamed Carrots Romaine Salad Lite Ranch Dressing Fresh Grapes Assorted Milk	18 Cheese Quesadilla Mild Salsa Three Sister Salad Diced Peaches Assorted Milk	19 Cheeseburger Lettuce & Tomato Ketchup/Mustard Baked Beans Rainbow Carrot Crunch Watermelon Assorted Milk
22 Corn Dog Western Beans Italian Baby Potatoes Mango Chunks Assorted Milk	23 Spicy Chicken Sandwich Lettuce & Tomato Ketchup/Mustard Red Grape Tomato Romaine Salad Lite Ranch Dressing Fresh Fruit Assorted Milk	24 Chicken Drumstick WG Bread w/ Butter Mash Potatoes Poultry Gravy Mixed Vegetables Blush Applesauce Assorted Milk	25 Hamburger Gravy Seasoned Brown Rice Sweet & Sour Broccoli Salad Parsley Carrots Fresh Fruit Assorted Milk	26 Ranch Turkey Wrap Refried Beans Zucchini Squash Watermelon Assorted Milk
29 Turkey Soft Taco Mild Salsa Black Beans Fresh Fruit Assorted Milk	30 Sloppy Joe Steamed Corn Melon Bowl Assorted Milk	31 Spaghetti w/ Meat Sauce Steamed Broccoli Diced Pears Assorted Milk		

**Adult Lunch \$4.25**  
**Sides \$1.50**  
**Milk \$0.50**

This Institution is an equal opportunity.

**\*\*MAY SUBJECT TO CHANGE\*\***