

January 2022 Lunch Menu

**MILK AND FRUIT
ARE SERVED
DAILY**

SUGAR SNAP PEAS ARE GREEN AND ARE ABOUT 2-3 INCHES LONG. THEY CAN BE EATEN RAW OR COOKED. A 100-CALORIE SERVING CONTAINS MORE PROTEIN THAN A WHOLE EGG OR 1 TABLESPOON OF PEANUT BUTTER. THEY ALSO CONTAIN VITAMINS C AND K AND FIBER.

CNP IS AN EQUAL OPPORTUNITY EMPLOYER.



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 CORNDOG GREEN BEANS ROMAINE SALAD	6 CHEESEBURGER WHITE BEANS FRENCH FRIES ROMAINE SALAD ICE CREAM CUP	7 PIZZA CORN ROMAINE SALAD PUDDING
10 PORK SANDWICH HASHBROWNS ROMAINE SALAD	11 CHICKEN NUGGETS BROCCOLI SWEET POT. FRIES ROMAINE SALAD	12 BBQ SANDWICH WHITE BEANS FRENCH FRIES ROMAINE SALAD	13 STEAK SANDWICH CORN ON THE COB ROMAINE SALAD ICE CREAM CUP	14 HOT POCKET CUCUMBER SALAD MIXED VEGETABLES ROMAINE SALAD PUDDING
17 NO SCHOOL	18 CHICKEN SANDWICH GREEN BEANS POTATOES ROMAINE SALAD	19 YOGURT SAUSAGE BISCUIT HASHBROWN PATTIES ROMAINE SALAD	20 CHEESEBURGER BAKED BEANS FRENCH FRIES ROMAINE SALAD ICE CREAM CUP	21 PIZZA CORN ROMAINE SALAD PUDDING
24 FISH SANDWICH COLESLAW TATER TOTS ROMAINE SALAD	25 HOT HAM & CHEESE HASHBROWN PATTIES GREEN PEAS ROMAINE SALAD	26 SPAGHETTI CORN LIMA BEANS BREAD ROMAINE SALAD	27 CHICKEN SANDWICH CAL BLEND VEGS ROMAINE SALAD ICE CREAM CUP	28 PIZZA CUCUMBER SALAD CARROTS ROMAINE SALAD PUDDING
31 HOTDOG CHILI SAUERKRAUT BAKED BEANS COLESLAW ROMAINE SALAD				MENU IS SUBJECT TO CHANGE