



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.  
Reference: Eat Right



ARCHBISHOP  
DAMIANO SCHOOL

*Making a difference in the lives of our students*



LUNCH

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**Turkey & Cheese on Wheat Roll**  
Broccoli  
Pears  
Milk

05

**Chili w/Wheat Roll**  
Carrots  
Peaches  
Milk

06

**Hot Turkey on Wheat Bread**  
Sweet Potatoes  
Applesauce  
Milk

07

**Cheeseburger on Wheat Roll**  
Peas  
Pineapples  
Milk

08

**Wheat Cheese Pizza**  
Green Beans  
Oranges  
Milk

09

**Ham & Cheese on Wheat Roll**  
Broccoli  
Oranges  
Milk

12

**Chicken Cacciatore w/ Wheat Roll**  
Spinach  
Peaches  
Milk

13

**Beef & Bean Burrito**  
Carrots  
Pineapples  
Milk

14

**Turkey & Cheese Sub on Wheat Roll**  
Potato Salad  
Mixed Fruit  
Milk

15

**Wheat Cheese Pizza**  
Green Beans  
Pears  
Milk

16

**School Closed**  
**Martin Luther King Day**

19

**Soft Beef Tacos w/**  
Lettuce, Tomato, Cheese  
Carrots  
Peaches  
Milk

20

**Chicken Tenders w/ Wheat Roll**  
Corn  
Pineapples  
Milk

21

**Spaghetti w/Meat Sauce**  
Broccoli  
Oranges  
Milk

22

**Four Cheese Pizza**  
Green Beans  
Mixed Fruits  
Milk

23

**Pulled Pork on Wheat Roll**  
Baked Beans  
Apple  
Milk

26

**Macaroni & Beef**  
Spinach  
Mixed Fruits  
Milk

27

**BBQ Chicken on Wheat Roll**  
Peas  
Pears  
Milk

28

**Macaroni & Cheese**  
Stewed Tomatoes  
Peaches  
Milk

29

**Wheat Cheese Pizza**  
Green Beans  
Oranges  
Milk

30



ARCHBISHOP DAMIANO SCHOOL

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