

Lunch Menu



Cycle Menu (3-week cycle ***)

January 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/02-01/06	WG Grilled Cheese Sandwich Baby Carrots Orange LF Milk Alt – Chef Salad	WG Mac & Cheese Broccoli cuts ½ c Apple LF Milk Alt- Chef Salad	Hamburger/ WG Bun Baked Fries ½ c Fresh Pear LF Milk Alt – Chef Salad	Salisbury Steak Mashed Potatoes ½ c WG Roll Apple LF Milk Alt – Chef Salad	WG Pizza 4.6 oz Baby Carrots ½ c Apple LF Milk Alt- Chef Salad
01/09-01/13	WG Chicken Nuggets 3 oz Mashed Potatoes ½ c Applesauce ½ c LF Milk Alt – Chef Salad	Corn Dog 4 oz Coleslaw ½ c Orange ½ c LF Milk Alt- Chef Salad	Teriyaki Beef 3 oz WG Rice 1/3 c Green Beans ½ c Pineapple Chunks ½ c LF Milk Alt- Chef Salad	Breaded Chicken Sandwich WG/Bun Baby Carrots ½ c Apple LF Milk Alt – Chef Salad	Bean & Cheese Tostadas Chopped Salad ½ c Pear LF Milk Alt – Chef Salad
01/16-01/20	MLK HOLIDAY NO CLASSES	WG Popcorn Chicken 3 oz Mashed Potatoes ½ c Fresh Pear LF Milk Alt – Chef Salad	BBQ Pork Sandwich/ WG Bun Potato Salad ½ c Orange LF Milk Alt-Chef Salad	Hot Dog/ WG Bun Baby Carrots ½ c Gala Apple LF Milk Alt – Chef Salad	Green Chile Meat 1 c w/ potato WG Flour tortilla Granny Apple LF Milk Alt – Chef Salad
01/23-01/27	WG Cheese Pizza Chopped Salad ½ c Granny Apple ½ c LF Milk Alt – Chef Salad	WG Pasta w/ Mt Sauce 1 c Broccoli Cuts ½ c Pear ½ c LF Milk Alt – Chef Salad	Salisbury Steak Mashed Potatoes ½ c WG Roll 1.25 oz Orange ½ c LF Milk Alt – Chef Salad	WG Grilled Cheese Sandwich Baby Carrots ½ c Gala Apple LF Milk Alt – Chef Salad	WG Bean & Cheese Burrito 4.2 oz Cucumber slices ½ c Applesauce ½ c LF Milk Alt – Chef Salad

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