








# LUNCH MENU

## January, 2022



Menu is subject to change. "This institution is an equal opportunity provider and employer"

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Sandwich on a WG Kaiser Broccoli Fruit Cocktail	4 Meat and Cheese Burritos Carrot Coins Salsa	5 Turkey Melt WG Chips Green Beans	6 Burger Mac and Cheese WG Dinner Rolls Fresh Romaine Salad	7 Pepperoni or Cheese Pizza Tater Tots Bean Salad
10 Cheeseburgers Potato Wedges Broccoli Florets	11 BBQ Chicken Patty on a Bun Fresh Salad Chips	12 Meatball Bombers With Mozzarella Vegetable Medley	13 Chicken Dippers French Fries Cauliflower	14 Veggie or Pepperoni Pizza Celery Sticks Tater Tots
18 	18 Turkey Tacos Seasoned Rice Green Beans	19 Spaghetti & Meat sauce Cauliflower Garlic Roll	20 Popcorn Chicken with Honey Mustard Dipping Sauce Mixed Vegetables	21 Pepperoni Pizza Tater Tots Peas
24 Philly Cheesesteak WG Hoagie Coleslaw	25 Grilled Cheese with Tomato Soup Broccoli	26 Chicken Nuggets Oven Fries Corn	27 Cheeseburger Lettuce and Tomatoes Pasta Salad	28 Sausage or Pepperoni Pizza Celery Sticks Tater Tots
31 Chicken Sandwich WG Kaiser Roll Lettuce and Tomato WG Tortilla Chips				

### Lunch Fact

MyPlate recommends: Choose vegetables rich in color! **Brighten** your plate with vegetables that are **red**, **orange**, or **dark green**. They not only taste great but also are good for you, too. Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

### Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add a serving of milk

*Take at least 3!*

### Offered daily with all lunches:

**Fresh or prepared fruits**  
(Must take 1/2 cup of Fruit or Veggies)

**Non or Low Fat White or Non Fat Chocolate Milk**

### In addition to the entrée of the day we also serve:

**Julienne Salads with a Roll**

**Assorted Subs Each Tuesday!**

**Peanut Butter & Jelly Sandwich**  
**Fridays Only: Fresh baked pizza**

**Cheese/Cheese & Pepperoni Specialty**