

# K-8 Lunch Menu

# January 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

## Lunch Milk Choices

1% Milk  
Skim Chocolate Milk

## PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.
- Vegetarian Meal Options are indicated with a "V"



2

No School

3

No School

4

Chicken Tamale  
w/ Spanish Brown Rice  
Refried Beans  
Fresh Apple

5

Beef Meatloaf w/ Gravy  
WW Bun  
Mashed Potatoes  
Fresh Banana

6

French Bread Cheese  
Pizza  
Fresh Baby Carrots w/  
Ranch Dressing

9

Cheese Quesadilla  
Mexican Corn Salad  
Fresh Orange

10

Chicken & Vegetable  
Dumplings  
Oriental Vegetables  
Fresh Pear

11

BBQ Chicken over  
Brown Rice  
Baked Beans  
Fresh Apple

12

Stuffed Cheese Sticks  
Marinara Sauce  
100% Sun Splash Veg Juice  
Fresh Banana

13

Cheese Pizza <sup>V</sup>  
Garden Salad w/ Ranch  
Dressing

16

No School

17

Fajita Chicken over  
Brown Rice  
Black Beans &  
Tomatoes  
Fresh Pear

18

Beef Meatballs & Spaghetti  
w/ Tomato Sauce  
& Parmesan Cheese  
Steamed Broccoli  
Fresh Apple

19

**January Lunch Survey  
Winner**  
Cheese Raviolis  
w/ Tomato Sauce  
Green Beans  
Fresh Banana

20

French Bread Cheese  
Pizza  
Fresh Baby Carrots

23

**January Lunch Survey  
Winner**  
Pasta w/ Tomato Sauce  
& Mozzarella Cheese  
Steamed Broccoli Fresh  
Orange

24

Turkey Hot Dog on  
WW Bun  
Baked Beans  
Fresh Pear

25

Chicken Tenders  
Roasted Potatoes  
Fresh Apple

26

**January Lunch Survey  
Winner**  
Cheese Lasagna w/ Tomato  
Sauce Green Beans  
Fresh Banana

27

Cheese Pizza <sup>V</sup> Fresh  
Baby Carrots w/  
Ranch Dressing

30

Chicken Nuggets  
Baked Beans  
Fresh Orange

31

Mac and Cheese  
Steamed Broccoli  
Fresh Pear