

JANUARY 2020 - Menus

Grades K-5 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WINTER RECESS – Happy Holidays				
1-6 Bean & Cheese Chimichanga - V Tangy Salsa Cup Crispy Potato Smiles Fruit Cup	1-7 WG Pepperoni Pizza Wedge and/or Hawaiian Pizza Petite Baby Carrots - S Sweet Corn OR Roasted Corn OR Street Corn Frozen Juice Cup	1-8 Café LA Burger or Café LA Cheeseburger Fresh Garden Salad or Lettuce & Tomato Roasted Potato Wedges Fruit - S	1-9 Oven Fried Chicken Drumstick Cornbread Celery Sticks Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	1-10 Teriyaki Beef Dipper Rice Bowl Sweet Corn OR Roasted Corn OR Street Corn Petite Baby Carrots - S Frozen Peach Pop
1-13 Mac'N Cheese - V Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V or Deli Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn OR Roasted Corn OR Street Corn Dried Fruit - S	1-14 New! Teriyaki Beef Sandwich Turkey & Provolone Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush	1-15 Turkey & Mashed Potato Bowl Cornbread Chinese Chicken Salad Cornbread Petite Baby Carrots - S Creamy Mashed Potatoes Fruit - S	1-16 Nacho Pretzel Pocket Chicken Caesar Salad & Cheesy Bread Tangy Salsa Cup Waffle Cut Fries Fruit Cup	1-17 Taco Bean Dip Crunchy Tortilla Chips Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - S Sweet Corn OR Roasted Corn OR Street Corn Fruit - S
1-20 MARTIN LUTHER KING, JR. DAY	1-21 Homestyle Chicken Tenders and/or Buffalo Chicken Bites Waffles Toasted Cheese Sandwich Mini Potato Tots Sweet Corn OR Roasted Corn OR Street Corn Frozen Juice Slush	1-22 WG Pepperoni Pizza Wedge or Hawaiian Pizza Chinese Chicken Salad Cornbread Petite Baby Carrots - S Ruffle Fries Fruit - S	1-23 Café LA Burger or Café LA Cheeseburger Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad Sweet Corn OR Roasted Corn OR Street Corn Fruit Cup	1-24 Cherry Blossom Chicken Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - S Broccoli Buds Frozen Peach Pop
1-27 Possible Burger - V Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V or Deli Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn OR Roasted Corn OR Street Corn Dried Fruit - S	1-28 New! Crispy Chicken Sandwich Turkey & Provolone Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Cup	1-29 Zesty Beef Chalupa Chinese Chicken Salad Cornbread Tangy Salsa Cup Sweet Corn OR Roasted Corn OR Street Corn Fruit - S	1-30 Mama's Meatball Sub Chicken Caesar Salad & Cheesy Bread Celery Sticks Waffle Cut Fries or Sweet Corn OR Roasted Corn OR Street Corn Fruit Cup	1-31 Salisbury Steak & Mashed Potatoes Cornbread Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - S Creamy Mashed Potatoes Fruit - S

All of the Grain/Bread items served are Whole Grain Rich. Per USDA, students MUST take at least 3 components as part of their lunch (one must be a fruit or vegetable).

S: Items with an (S) can be saved for later **V:** Vegetarian items - **Farm Fresh Fruits: Apple, Orange, Banana - Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito

Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

MENUS ARE SUBJECT TO CHANGE

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