

# JANUARY 2020 - Menus

## Grades K-12 Lunch (Soft Diets)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WINTER RECESS – Happy Holidays</b>				
1-6 Bean & Cheese Chimichanga - <b>V</b> Tangy Salsa Cup Fruit Cup	1-7 WG Pepperoni Pizza Wedge Cooked Diced Baby Carrots Frozen Juice Cup	1-8 Café LA Burger Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	1-9 Salisbury Steak with Gravy Cornbread Creamy Mashed Potatoes Fruit Cup	1-10 Teriyaki Beef Dipper Rice Bowl Cooked Spinach Frozen Peach Pop
1-13 Bean & Cheese Pupusa - <b>V</b> Cooked Baby Carrots Fruit Cup	1-14 <b>New!</b> Teriyaki Beef Sandwich Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush	1-15 Sliced Turkey & Gravy Cornbread Creamy Mashed Potatoes Fruit Cup	1-16 Nacho Pretzel Pocket Cooked Baby Carrots Fruit Cup	1-17 Taco Bean Dip Artisan Roll Broccoli Buds Fruit Cup
1-20 <b>MARTIN LUTHER KING, JR. DAY</b>	1-21 Homestyle Chicken Tenders Southern Buttermilk Biscuit Creamy Mashed Potatoes Frozen Juice Slush	1-22 WG Pepperoni Pizza Wedge Cooked Baby Carrots Fruit Cup	1-23 Café LA Burger Cooked Spinach Fruit Cup	1-24 Cherry Blossom Chicken Bowl Broccoli Buds Frozen Peach Pop
1-27 Whole Grain Cheese Pizza Wedge - <b>V</b> Cooked Baby Carrots Fruit Cup	1-28 Mesquite BBQ Pork Sandwich Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Cup	1-29 Crispy Chicken Sandwich Cooked Baby Carrots Fruit Cup	1-30 Mama's Meatball Sub Broccoli Buds Chilled Pineapple Fruit Cup	1-31 Salisbury Steak with Gravy Cornbread Creamy Mashed Potatoes Fruit Cup

**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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