



# January 2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	Meat Lasagna** Penne w/ Alfredo** Broccoli* Garlic Bread Salad & Sandwich Bar Soup / Fruit / Dessert	Corn Dog Popcorn Chicken* Mashed Potatoes** Mixed Vegetables* Salad & Sandwich Bar Soup / Fruit / Dessert	Chicken Pot Pie Swedish Meatballs w/ Gravy** Roasted Potatoes* Green Beans* Salad & Sandwich Bar Soup / Fruit / Dessert	Chicken Quesadilla** Cheese Quesadilla** Spanish Rice* Yellow Corn* Salad & Sandwich Bar Soup / Fruit / Dessert
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Scrambled Eggs Sausage Hashbrowns Pancakes Salad & Sandwich Bar Soup / Fruit / Dessert	Boneless Fried Chicken* Baked Chicken* Macaroni & Cheese Grilled Cauliflower* Salad & Sandwich Bar Soup / Fruit / Dessert	BBQ Pork Sandwich** Crispy Chicken Sandwich** Baked Beans* Sautéed Greens* Salad & Sandwich Bar Soup / Fruit / Dessert	Teriyaki Chicken Grilled Chicken* White Rice* Yellow Squash* Salad & Sandwich Bar Soup / Fruit / Dessert	Cheeseburger** Hotdog** French Fries* Corn Cobs (k-12) Corn (PreK)* Salad & Sandwich Bar Soup / Fruit / Dessert
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
MLK Day  No School	Beef Taco* Cheese Nachos Spanish Rice** Seasoned Corn* Salad & Sandwich Bar Soup / Fruit / Dessert	Buffalo Chicken Sandwich** Grilled Chicken Sandwich** Pasta w/ Butter** Steamed Broccoli* Salad & Sandwich Bar Soup / Fruit / Dessert	Southern Style Meatloaf* Pineapple Ham* Mashed Potatoes* Steamed Broccoli* Salad & Sandwich Bar Soup / Fruit / Dessert	Pepperoni Pizza** Cheese Pizza** Caesar Salad* Yogurt* Salad & Sandwich Bar Soup / Fruit / Dessert
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Spaghetti w/ Meatballs** Cheese Ravioli in Alfredo Grilled Zucchini & Squash* Garlic Bread Salad & Sandwich Bar Soup / Fruit / Dessert	Chicken Caesar Salad Wrap** Meatball Sub Chips* Mixed Veggies* Salad & Sandwich Bar Soup / Fruit / Dessert	Pulled Pork* Pulled Chicken* Macaroni & Cheese Sweet Potatoes* Salad & Sandwich Bar Soup / Fruit / Dessert	Crispy Chicken Thigh* Grilled Chicken* Seasoned Rice* Green Beans* Salad & Sandwich Bar Soup / Fruit / Dessert	Cheeseburger** Hotdog** Baked Beans* Corn Cobs (k-12) Corn (PreK)* Salad & Sandwich Bar Soup / Fruit / Dessert
<b>31</b>				
Chicken Quesadilla** Cheese Quesadilla** Spanish Rice* Yellow Corn* Salad & Sandwich Bar Soup / Fruit / Dessert			<p style="text-align: center;"><b>ALLERGENS:</b></p> <p style="text-align: center;"><i>*Made Without Gluten</i></p> <p style="text-align: center;"><i>**Gluten Free Alternative Available</i></p> <p style="text-align: center;"><i>No Peanut/Tree Nuts/Shellfish used in any menu item</i></p>	<p style="text-align: center;"><i>Fried Chicken and Popcorn Chicken are battered in house with rice flour, allowing them to be made without gluten. Gluten free buns/bread are also available on request</i></p>