



# JANUARY | 2021

## ES MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 HAPPY NEW YEAR!
4 Chicken Patty on Bun Baked Beans Waffle Fries Frozen Sidekick Fresh Fruit Milk	5 Cheese OR Pepperoni Pizza Carrots with Dip Steamed Broccoli Diced Pears Fresh Fruit Milk	6 Spaghetti with Meat Sauce Corn Garden Salad Pineapple Tidbits Fresh Fruit Milk	7 Confetti Pancakes Sausage Links Smile Fries Veggie Boat Baked Apples Fresh Fruit Milk	8 Pizza Crunchers Marinara Sauce Green Beans Garden Salad Mandarin Oranges Fresh Fruit Milk
11 Chicken Tenders Roasted Potatoes Green Beans Diced Peaches Frozen Sidekick Fresh Fruit Milk	12 Beef Taco with Queso Salsa, Sour Cream Corn, Black Beans Diced Pears Fresh Fruit Milk	13 Chicken Drumstick with Dinner Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	14 Baked Ziti with Breadstick Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk	15 French Toast Scrambled Eggs Salsa Veggie Boat Baked Apples Fresh Fruit Milk
18 MLK DAY	19 Cheeseburger/Hamburger Potato Wedges Baked Beans Diced Pears Fresh Fruit Milk	20 Salisbury Steak Dinner Roll Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk	21 3 or 4 Way Chili Spaghetti Kidney Beans, Onions Shredded Cheese, Oyster Crackers Glazed Carrots, Veggie Boat Mandarin Oranges, Fresh Fruit Milk	22 Wild Mike's Cheese Bites with Marinara Sauce Green Beans Garden Salad Applesauce Fresh Fruit Milk
25 Chicken OR Cheese Quesadilla Salsa, Sour Cream Refried Beans, Corn Frozen Sidekick, Diced Peaches Milk	26 Hot Dog OR Cheese Coney Roasted Potatoes Onions, Shredded Cheese Carrots/ Celery w/ Dip Diced Pears, Fresh Fruit Milk	27 Sliced Turkey with Gravy Dinner Roll Mashed Potatoes Green Beans Pineapple Tidbits Milk	28 Chicken Nuggets Mac and Cheese Baked Beans Veggie Boat Mandarin Oranges, Fresh Fruit Milk	29 Grilled Cheese Tomato Soup Oyster Crackers Garden Salad Applesauce, Fresh Fruit Milk

### **Alternate Meal Options**

**\*Milk offered with all lunches**

- **Hummus Grab n Go**  
-Hummus cup, Tostito chips, cheese stick, carrots and dip, fruit cup
  - **Protein Pack**  
-Hardboiled egg, cheese stick, jungle crackers, fruit cup, carrots and dip
  - **PB and J Grab n Go**  
-PB and J, cheese stick, goldfish carrots and dip, fruit cup
  - **Turkey Coin and Cheese Lunchable**  
-Turkey coins, cheese cubes, Ritz crackers, cheez-it, carrots and dip, fruit cup
  - **Chef Salad**  
-Large Salad with Turkey OR Hardboiled egg, goldfish \*2, fruit cup
  - **Turkey and Cheese or Ham and Cheese Sandwich**  
-Sandwich, chips, fruit cup, veggie boat
- \*Meat Options Not Offered on Fridays**