



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 January 3-4				3 Cheese Pizza (V) Crispy Chicken Sandwich Chicken Bacon Wrap Eat Fit Italian Vegetable Mix Eat Fit Zucchini Assorted Fresh Fruit & Milk	4 Baked Chicken Nuggets Mac & Cheese Cheeseburger Turkey Bagel Sandwich Egg Bagel Sandwich (V) Eat Fit Green Beans Tater Tots Assorted Fresh Fruit & Milk	
WEEK 2 January 7-11	7 Red Beans & Brown Rice (V) Cheeseburger Eat Fit Yogurt Pack (V) Turnip Greens Corn on the Cob Assorted Fresh Fruit & Milk	8 Whole Grain Turkey Nachos WG Bean & Cheese Nachos (V) Crispy Chicken Sandwich Salsa Lettuce & Tomato Refried Beans Assorted Fresh Fruit & Milk	9 WG Grilled Cheese Sandwich (V) Chicken Salad Sandwich Cheese Pizza (V) Tomato Basil Soup Mixed Vegetables Assorted Fresh Fruit Assorted Milk	10 Chicken Breast w/ Red Sauce Brown Rice Crispy Chicken Sandwich Chicken Salad Wrap Vegetable Wrap (V) Mashed Potatoes Broccoli & Cheddar Soup Assorted Fresh Fruit & Milk	11 Pork Chop with Gravy Cheeseburger Brown Rice Chef Salad Butternut Squash Soup w/ Grilled Cheese (V) Roasted Mushrooms Assorted Fresh Fruit & Milk	
WEEK 3 January 14-18	14 Grilled Chicken Sandwich Pizza Kit (V) Cheeseburger Baked Beans Potato Salad Assorted Fresh Fruit & Milk	15 Beef & Cheese Lasagna Crispy Chicken Sandwich Ham, Cheese & Triscuit Kit Vegetable Lasagna Green Peas Romaine Side Salad Assorted Fresh Fruit & Milk	16 Chicken Stir Fry Brown Rice Turkey & Cheese Sandwich Cheeseburger Whole Grain Grilled Cheese Steamed Broccoli Peas & Carrots Assorted Fresh Fruit & Milk	17 Cheese Pizza Crispy Chicken Sandwich Ham & Cheese on Bun Green Beans Tomato & Cucumber Salad Assorted Fresh Fruit Assorted Milk	18 BBQ Chicken Thigh Mac & Cheese Ham, Cheese & Triscuit Kit Veggie Burger on WG Bun (V) Baked Beans Baked Sweet Potato Fries Assorted Fresh Fruit & Milk	
WEEK 4 January 21-25	21 Martin Luther King Day No School	22 Whole Grain Turkey Nachos WG Bean & Cheese Nachos (V) Salsa Crispy Chicken Sandwich Lettuce & Tomato Refried Beans Assorted Fresh Fruit & Milk	23 WG Grilled Cheese Sandwich (V) Chicken Salad Sandwich Cheese Pizza Tomato Basil Soup Mixed Vegetables Assorted Fresh Fruit & Milk	24 Chicken Breast w/ Red Sauce Brown Rice Chicken Salad Wrap Crispy Chicken Sandwich Vegetable Wrap (V) Mashed Potatoes Broccoli & Cheddar Soup Assorted Fresh Fruit & Milk	25 Pork Chop with Gravy Brown Rice Cheeseburger Chef Salad Butternut Squash Soup w/ Grilled Cheese (V) Roasted Mushrooms Assorted Fresh Fruit & Milk	
Week 5 January 28-31	28 Chicken & Sausage Brown Rice Jambalaya Cheeseburger Greek Yogurt Pack Steamed Broccoli Cabbage Assorted Fresh Fruit & Milk	29 Pulled Pork Mac & Cheese Crispy Chicken Sandwich Turkey Taco Kit Veggie Burger on Whole Wheat Bun Baked Sweet Potato Lima Beans Assorted Fresh Fruit & Milk	30 Hot Dog on Whole Grain Bun Cheese Pizza (V) Chef Salad Garden Salad (V) Baked French Fries Creamy Cole Slaw Assorted Fresh Fruit & Milk	31 Turkey Taco Chicken Bacon Wrap Crispy Chicken Sandwich Vegetarian Quesadilla Lettuce & Tomato Baked Beans Assorted Fresh Fruit & Assorted Milk		

