



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 January 3-4	6 ● Eat Fit Italian Vegetable Mix ● Eat Fit Zucchini ● Assorted Fresh Fruit & Milk	7	8 ● WG Grilled Cheese Sandwich (V) ● Chicken Salad Sandwich ● Tomato Basil Soup ● Mixed Vegetables ● Assorted Fresh Fruit ● Assorted Milk	9 ● Chicken Breast w/ Red Sauce ● Brown Rice ● Chicken Salad Wrap ● Vegetable Wrap (V) ● Mashed Potatoes ● Broccoli & Cheddar Soup ● Assorted Fresh Fruit & Milk	10 ● Baked Chicken Nuggets ● 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) ● 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) ● Salsa ● Lettuce & Tomato ● Refried Beans ● Assorted Fresh Fruit & Milk	9 ● WG Grilled Cheese Sandwich (V) ● Chicken Salad Sandwich ● Tomato Basil Soup ● Mixed Vegetables ● Assorted Fresh Fruit ● Assorted Milk	10 ● Chicken Breast w/ Red Sauce ● Brown Rice ● Chicken Salad Wrap ● Vegetable Wrap (V) ● Mashed Potatoes ● Broccoli & Cheddar Soup ● Assorted Fresh Fruit & Milk	11 ● Pork Chop with Gravy ● 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) ● Baked Beans ● Potato Salad ● Assorted Fresh Fruit & Milk	15 ● Beef & Cheese Lasagna ● Ham, Cheese & Triscuit Kit ● Vegetable Lasagna ● Green Peas ● Romaine Side Salad ● Assorted Fresh Fruit & Milk	16 ● Chicken Stir Fry ● Brown Rice ● Turkey & Cheese Sandwich ● Whole Grain Grilled Cheese ● Steamed Broccoli ● Peas & Carrots ● Assorted Fresh Fruit & Milk	17 ● Cheese Pizza ● 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 ● Lettuce & Tomato ● Refried Beans ● Assorted Fresh Fruit & Milk	23 ● WG Grilled Cheese Sandwich (V) ● Chicken Salad Sandwich ● Tomato Basil Soup ● Mixed Vegetables ● Assorted Fresh Fruit & Milk	24 ● Chicken Breast w/ Red Sauce ● Brown Rice ● Chicken Salad Wrap ● Vegetable Wrap (V) ● Mashed Potatoes ● Broccoli & Cheddar Soup ● Assorted Fresh Fruit & Milk	25 ● Pork Chop with Gravy ● Brown Rice ● 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 ● Greek Yogurt Pack ● Steamed Broccoli ● Cabbage ● Assorted Fresh Fruit & Milk	29 ● Pulled Pork ● Mac & Cheese ● 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 ● Chef Salad ● Garden Salad (V) ● Baked French Fries ● Creamy Cole Slaw ● Assorted Fresh Fruit & Milk	31 ● Turkey Taco ● Chicken Bacon Wrap ● Vegetarian Quesadilla ● Lettuce & Tomato ● Baked Beans ● Assorted Fresh Fruit & Assorted Milk		

