

JANUARY 2021 HOT MENU

LUNCH

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Nutri Grain Bars Fruit 8 oz. Milk	English Muffin w/ Jelly Fruit 8 oz. Milk	Yogurt Fruit 8 oz. Milk	Cereal Fruit 8 oz. Milk	Cinnamon Rolls Fruit Milk
2 Oz Fish Tacos w/ Chili Lime 1 Oz Whole Wheat Tortilla ½ C Rice Pilaf W/ Roasted Peppers (Brown Rice) ½ C Apple Slices	2 Mango Chilli Chicken Bites ½ C Rice Pilaf W/ Roasted Peppers (Brown Rice) ½ C Pinto & Black Beans ½ C Oranges	2 Oz Chicken Pesto 2 Oz Whole Wheat Pasta ½ C Roasted Broccoli ½ C Apple Sauce	2 Oz Whole Wheat Spaghetti 2 Oz Meatballs ½ C Celery ½ C Fruit Cocktail	2 Oz Lemon Garlic Chicken 2 Oz Whole Wheat Pasta ½ C Carrots ½ C Apple Slices

LUNCH

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Bagel w/ Cream Cheese Fruit 8 oz. Milk	Granola Bar Fruit 8 oz. Milk	Pancake w/ Syrup Fruit 8 oz. Milk	Nutri Grain Bar Fruit 8 oz. Milk	Cereal Fruit 8 oz. Milk
2 Oz Roasted Sweet Chili Chicken Legs ½ C Citrus Glazed Carrots 1 Slice Whole Wheat Bread ½ C Orange Slices	2 Oz Taco MAC ½ C Roasted Potato Wedges ½ C Green Beans ½ C Diced Peaches	2 Oz Chicken & Vegetable Alfredo Pasta 2 Oz Whole Wheat Pasta ½ C Broccoli ½ C Apple Slices	2 Oz BBQ Meatballs 2 Oz Spanish Rice ½ C Squash & Zucchini ½ C Fruit Cocktail	2 Oz Beef Quesadilla 1 Oz Whole Wheat Tortilla ½ Brown Pilaf (Brown Rice) ½ C Black Beans ½ C Grapes

LUNCH

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Croissant w/ Jelly Fruit 8 oz. Milk	Granola Bar Fruit 8 oz. Milk	Yogurt Fruit 8 oz. Milk	Cereal Fruit 8 oz. Milk	Muffin Fruit 8 oz. Milk
2 Oz Chicken Fajitas 1 Oz Sautéed Vegetables 1 Oz Whole Wheat Tortilla ½ C Roasted Corn ½ C Fruit Cocktail	2 Oz Teriyaki Chicken Legs ½ C Mashed Potatoes 1 Slice Whole Wheat Bread ½ C Oranges	2 Oz Tuna Pasta Salad 2 Oz Whole Wheat Pasta ½ C Marinated Roasted Vegetable ½ C Diced Pineapple Alternative: Chicken Pasta Salad	2 Oz Chicken & Vegetable Alfredo Pasta 2 Oz Whole Wheat Pasta ½ C Broccoli ½ C Grapes	2 Oz Lemon Pepper Chicken Legs 1/2 C Brown Rice Peas & Carrots ½ C Black Beans ½ C Apple Slices