

JANUARY 2024

Ethos Classical

LUNCH



School Information: School Returns January 3rd Martin Luther King Day January 15th



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

M/MA- 3oz Hamburger
G- 2oz WG Bun
V- 3/4c Sweet Potato Fries
F- 1c Fresh Banana
M- 8oz Low fat or skim milk

8

M/MA- 3oz Grilled Chicken Rice Bowl
G- 2oz WG Rice
V- 1/2c Black Beans
V- 1/2c Steamed Corn
F- 1c Fresh Orange
M- 8oz Low fat or skim milk

9

M/MA- 3oz Turkey Meatballs w/Gravy
G- 2oz WG Roll
V- 3/4c Green Beans
F- 1c Fresh Apple
M- 8oz Low fat or skim milk

10

M/MA- 5oz Beefy Mac
G- 2oz WG Macaroni Pasta
V- 3/4c Steamed Broccoli
F- 1/2c Fresh Cutie
M- 8oz Low fat or skim milk

11

M/MA- 5oz Ranch Chicken Wrap
G- 2oz WG Tortilla
V- 1/2c Lettuce
V- 1/2c Fresh Celery
F- 1c Pear
M- 8oz Low fat or skim milk

12

MLK DAY

15

NO SCHOOL

16

M/MA- 3oz Orange Chicken
G- 2oz WG Rice
V- 3/4c Steamed Broccoli
F- 1c Fresh Orange
M- 8oz Low fat or skim milk

17

M/MA 3oz Beef Tacos w/Shredded Cheese
G- 2oz WG Tortilla
V-1/2c Lettuce
V- 1/2c Tomatoes
F- 1/2c Fresh Banana
M- 8oz Low fat or skim milk

18

M/MA 5oz –Chicken Cesar Wrap
G- 2oz WG Tortilla
V- 3/4c Fresh Carrots
F- 1/2c Fresh Cutie
M- 8oz Low fat or skim milk

19

M/MA- 2.5oz Beef Hot Dog
G- 2oz WG Bun
V- 3/4c Baked Beans
F- 1/2c Fresh Banana
M- 8oz Low fat or skim milk

22

M/MA- 2.5oz Chicken Nuggets
G- 1oz WG Breading
V- 3/4c Steak Fries
F- 1c Fresh Pear
M- 8oz Low fat or skim milk

23

M/MA- 5oz Baked Beefaroni
G- 2oz WG Ziti Pasta
V- 3/4c Steamed corn
F- 1c Fresh Apple
M- 8oz Low fat or skim milk

24

M/MA- 3oz Shredded Chicken Tacos
G- 2oz WG Tortilla
V- 1/2c Lettuce
V- 1/2c Tomatoes
F- 1c Fresh Orange
M- 8oz Low fat or skim milk

25

M/MA- 5oz Turkey & Cheese Sandwich
G- 2oz WG Bread
V- 3/4c Pickle Spears
F- 1/2c Fresh Grapes
M- 8oz Low fat or skim milk

26

M/MA- 5oz Mac & Cheese
G- 2oz WG Macaroni Pasta
V- 3/4c Green Beans
F- 1/2c Fresh Tangerine
M- 8oz Low fat or skim milk

29

M/MA- 5oz Grilled Chicken Wrap
G- 2oz WG Tortilla
V- 3/4c Pickle Chips
F- 1c Fresh Apple
M- 8oz Low fat or skim milk

30

M/MA- 3oz Beef Meatball Sub
G- 2oz WG Bun
V- 3/4c Steamed Broccoli
F- Fresh Pear
M- 8oz Low fat or skim milk

31



JANUARY 2024

LUNCH



MONDAY

TUESDAY

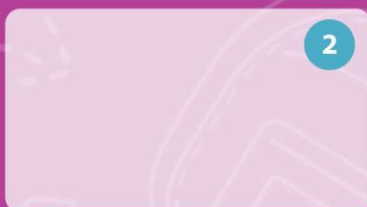
WEDNESDAY

THURSDAY

FRIDAY



1



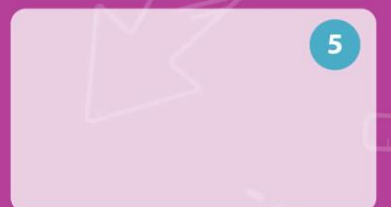
2



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