




Lunch Menu (January 2022)

	MON	TUE	WED	THU	FRI
	3	 4	5	6	7
ENTRÉE	Creamy Chicken & Veggie Chowder (WGR)	Chicken Chow Mein (WGR)	Teriyaki Chicken (WGR)	Baked Ziti with Marinara Sauce (WGR)	Chicken Tenders (WGR)
VEGETARIAN	Creamy Vegetable Chowder	Veggie Chow Mein	Teriyaki Tofu	Baked Ziti with Marinara Sauce	Vegan Tender
VEGETABLE	*Celery, Bell Pepper, Onion, Hominy	*Cabbage, Carrots, Onion	*Vegetable Medley	*Tomato, Carrots, Bean Puree	*Coleslaw Salad
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	10	11	12	13	 14
ENTRÉE	Creamy Tomato Chicken Mac & Cheese (WGR)^	Turkey Alfredo Pasta (WGR)^	Sweet & Sour Chicken (WGR)	Chicken & Yellow Rice (WGR)	Baked Chicken Parmesan (WGR)^
VEGETARIAN	Creamy Tomato Veggie Mac & Cheese	Creamy Alfredo Pasta	Sweet & Sour Tofu	Tofu & Yellow Rice	Baked Veggie Parmesan
VEGETABLE	*Onion, Tomato, Parsley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	 17	18	19	 20	21
ENTRÉE	Lemon Chicken Orzo Soup (WGR)	Spaghetti & Chicken Meatballs (WGR)	Butter Chicken & Rice (WGR)	Turkey Fried Rice (WGR)	Chicken Tenders (WGR)
VEGETARIAN	Lemon Vegetable Orzo Soup	Spaghetti & Veggie Meatballs	Vegan Butter Tofu	Vegetarian Fried Rice	Vegan Tender
VEGETABLE	*Celery, Bell Pepper, Onion	*Onion, Tomato, Carrots	*Vegetable Medley	*Peas, Bell Pepper, Onion	*Coleslaw Salad
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	24	25	26	27	28
ENTRÉE	Spaghetti Bolognese (WGR)	Creamy Tuscan Chicken Pasta (WGR)^	Korean BBQ Chicken (WGR)	Chicken Alfredo Pasta (WGR)^	Baked Chicken Parmesan (WGR)^
VEGETARIAN	Spaghetti with Marinara Sauce	Creamy Tuscan Pasta	Korean BBQ Tofu	Creamy Alfredo Pasta	Baked Veggie Parmesan
VEGETABLE	*Onion, Carrots, Beans, Tomato	*Cannellini Beans, Tomato, Spinach, Bell Pepper	*Vegetable Medley	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Sliced Apple	Mandarin	Sliced Oranges	Banana	Fruit Medley
	31				
ENTRÉE	Creamy Tomato Chicken Mac & Cheese (WGR)^				
VEGETARIAN	Creamy Tomato Veggie Mac & Cheese				
VEGETABLE	*Onion, Tomato, Parsley				
FRUIT	Sliced Apple				

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Protein content: Meat or a bean equivalent

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich