

Regular Lunch Menu (January 2023)



Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
	2	3	4	5	6
ENTRÉE	New Year	Creamy Chicken Chowder (WGR) [^]	Thai Basil Turkey Fried Rice (WGR)	Chicken & Yellow Rice (WGR)	Baked Chicken Parmesan (WGR) [^]
VEGETARIAN		Creamy Veggie Chowder	Thai Basil Tofu Fried Rice	Tofu & Yellow Rice	Baked Veggie Parmesan
VEGETABLE		*Cannellini Beans, Potato, Corn, Bell Pepper	*Peas, Bell Pepper, Onion	*Carrots, Bell Pepper, Onion	*Bell Pepper, Celery, Tomato, Onion
FRUIT		Sliced Oranges	Banana	Mandarin	Apple
	9	10	11	12	13
ENTRÉE	Creamy Chicken Pumpkin Soup (WGR)	Creamy Tuscan Chicken Pasta (WGR) [^]	Gen Tso Chicken & Rice (WGR)	Spanish Rice & Black Bean Casserole (WGR) [^]	Mac and Cheese (WGR) [^]
VEGETARIAN	Vegan Creamy Pumpkin Soup	Creamy Tuscan Pasta	Gen Tso Tofu & Rice	Spanish Rice & Black Bean Casserole	Mac and Cheese
VEGETABLE	*Onion, Carrots, Beans, Pumpkin, Celery	*Cannellini Beans, Spinach, Bell Pepper	*Vegetable Medley	*Bell Pepper, Onion, Corn, Tomato	*Broccoli, Cannelini Beans
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	16	17	18	19	20
ENTRÉE	Chicken Pasta Salad (WGR)	Creamy Alfredo Pasta (WGR) [^]	Chicken Stir Fry (WGR)	Chicken Paella (WGR)	Chicken Parmesan (WGR) [^]
VEGETARIAN	Vegan Pasta Salad	Alfredo Pasta	Tofu Stir Fry	Veggie Paella	Veggie Parmesan Pasta
VEGETABLE	*Onion, Carrots, Beans, Parsley, Celery, Bell Pepper	*Cannellini Beans, Carrot, Bell Pepper, Onion	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Bell Pepper, Celery, Tomato, Onion
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	23	24	25	26	27
ENTRÉE	Chicken & Wild Rice Soup (WGR)	White Chicken Chili (WGR) [^]	Turkey & Brown Rice (WGR)	Chicken Gumbo (WGR)	Mac and Cheese (WGR) [^]
VEGETARIAN	Veggie & Wild Rice Soup	Veggie White Chili	Tofu & Brown Rice	Veggie Gumbo	Mac and Cheese
VEGETABLE	*Onion, Carrots, Parsley	*Onion, Corn, Carrots, Beans, Millet	*Vegetable Medley	*Bell Pepper, Onion, Carrots	*Broccoli, Cannelini Beans
FRUIT	Apple	Sliced Oranges	Banana	Mandarin	Apple
	30	31			
ENTRÉE	Chicken Noodle Soup (WGR)	Chicken Jambalaya (WGR)			
VEGETARIAN	Veggie & Noodle Soup	Veggie Jambalaya			
VEGETABLE	*Onion, Carrots, Parsley	*Bell Pepper, Onion, Carrots			
FRUIT	Apple	Sliced Oranges			

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 - High School Serving Sizes
 Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Diary Free (DF) 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