



January Lunch Menu



Child's Name: _____ # of lunches: _____

Monday

Tuesday

Wednesday

Thursday

Friday

1 CENTER CLOSED	2 Chicken Nuggets Brown Rice <u>Veggie Nuggets</u> Baked Nuggets <input type="checkbox"/>	3 Pizza Baked Mac & Cheese <u>Vegetarian Option</u> GF Noodles and Chicken <input type="checkbox"/>	4 Beef Sliders with Cheese Hamburger Bun <u>Veggie Burger</u> GF Bread No Cheese Slider <input type="checkbox"/>	5 Whole Grain Mozzarella Calzone GF Noodles and Chicken *vegetarian meal <input type="checkbox"/>
8 Tuna Noodle Casserole <u>Veggie Burger</u> GF Bread <input type="checkbox"/>	9 Turkey Sausage French Toast <u>Veggie Sausage</u> GF Bread <input type="checkbox"/>	10 Chicken Cheddar Cheese Lasagna <u>Cheese Lasagna</u> G.F. Pasta and Chicken <input type="checkbox"/>	11 Turkey Pot Pie Whole Grain Rolls <u>Bean Burritos</u> Rice <input type="checkbox"/>	12 Grilled Chicken Parm Whole Wheat Penne <u>Whole Grain Mac & Cheese</u> Chicken & Rice <input type="checkbox"/>
15 Turkey Sloppy Joe Whole Grain Bun <u>Veggie Ch'kn Fingers</u> Sloppy Joe and Rice <input type="checkbox"/>	16 Beef Quesadilla Fiesta Rice <u>Cheese Quesadilla</u> Beef Taco & Rice Bowl <input type="checkbox"/>	17 Roast Beef in Gravy Whole Grain Rolls <u>Grilled Cheese</u> Roast Beef over Rice <input type="checkbox"/>	18 Southwestern Turkey Meatloaf Whole Grain Roll <u>Veggie Burgers</u> GF Pasta <input type="checkbox"/>	19 Sweet n Sour Chicken Buttered Noodles <u>Veggie Nuggets</u> GF Chicken and Rice <input type="checkbox"/>
22 Beef Meatball Sandwich Whole Grain Bun <u>Veggie Sausage</u> GF Chicken Parm & Rice <input type="checkbox"/>	23 Chicken Cordon Bleu Brown Rice <u>Grilled Veggie Sausage</u> *meal is gluten free <input type="checkbox"/>	24 Roast Turkey in Gravy Whole Grain Stuffing <u>Grilled Cheese</u> Turkey and Rice <input type="checkbox"/>	25 Beef & Bean Chili Brown Rice <u>Cheese Quesadilla</u> GF Chicken and Rice <input type="checkbox"/>	26 Stuffed Cheese Sandwich GF Bread Turkey Sandwich *meal is vegetarian <input type="checkbox"/>
29 Chicken & Spinach Stew Brown Rice <u>Sunbutter & Jelly Sandwich</u> *meal is gluten & dairy free <input type="checkbox"/>	30 Cheeseburger Lasagna <u>Vegetarian Options</u> GF Pasta & Chicken <input type="checkbox"/>	31 Chicken, Cheddar, & Broccoli Casserole <u>Veggie Burger</u> Chicken & Rice <input type="checkbox"/>	Fresh Fruit and Veggies provided with each meal	
Please mark your choice of meal in the boxes V = <u>Vegetarian</u> G = <u>Gluten Free</u> D = <u>Dairy Free</u> R = <u>Regular</u>				

Lunch Menus are due Friday, December 22, 2017