



January Lunch RUP

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
NO SCHOOL	Penne & Meat Sauce w/ Diced Carrots & Dinner Roll Italian Turkey Trio on Hoagie w/ Baby Carrots Cheese Lasagna w/ Marinara & Wheat Crackers	Orange Chicken & Not So Fried Rice w/ Diced Carrots & Giant Goldfish Grahams Bean & Cheese Pupusa w/ Curtido Salad	BBQ Chicken w/ Baked Beans & Dinner Roll Queso Blanco Chicken Bowl w/ Rice & Pinto Beans Bean & Cheese Pizza Kit Cheese Tamale w/ Black Beans	Beef & Cheese Taco Stick Cheese Pizza
13	14	15	16	17
Crispy Chicken Sandwich Cheeseburger Soy Veggie Burger	Chicken Teriyaki w/ Not So Fried Rice, Diced Carrot, & Pretzels Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Hummus, Flatbread & Egg Kit w/ Baby Carrots	Chicken Noodle Soup w/ Wheat Crackers Mac & Cheese w/ Peas & Dinner Roll	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Tostitos Chips Veggie Chef Salad w/ Egg, Dinner Roll & Ranch	Pepperoni Pizza Cheese Pizza
20	21	22	23	24
NO SCHOOL	Penne & Meat Sauce w/ Diced Carrots & Dinner Roll Cheese Lasagna w/ Marinara & Wheat Crackers	Beef Birria Tacos w/ Tajin Corn Chicken Bites w/ Mashed Potatoes & Pretzel Crackers	BBQ Chicken w/ Baked Beans & Dinner Roll Queso Blanco Chicken Bowl w/ Rice & Pinto Beans Bean & Cheese Pizza Kit	Beef & Cheese Taco Stick Grilled Cheese Sandwich Bean & Cheese Burrito
27	28	29	30	31
Hot Dog w/ Oven Baked Fries Soy Veggie Burger w/ Roasted Potatoes Turkey & Cheese Sandwich on Pretzel Bun	Breakfast for Lunch: Egg Scramble w/ Roasted Potatoes & Pancakes Hummus, Flatbread & Egg Kit w/ Baby Carrots Turkey & Cheese Sandwich on Pretzel Bun w/ Baby Carrots	Chicken Noodle Soup w/ Wheat Crackers Chicken Bites w/ Mashed Potatoes & Pretzel Crackers Marinara Pasta w/ PlantBorn Crumble & Broccoli	Chicken Tamale w/ Pinto Beans Turkey Nachos w/ Refried Beans & Tostitos Chips Taco Bowl w/ PlantBorn Crumble, Rice & Corn	Pepperoni Pizza Cheese Pizza
Lunch Includes:	Veg of the Day:	Featured Fruit:	All meals are provided with a choice of produce and a choice of milk	
Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Monday:Side of Oven Baked Fries (1/2 C),Baby Carrots (1/2 C),Side of Oven Baked Fries (3/4 C),Side of Diced Potatoes (3/4 C),Baby Carrots (1/4 C) Tuesday:Baby Carrots (1/2 C) Wednesday:Roasted Fava Beans Thursday:Celery Sticks (1/2	100% Fruit Juice 4 oz,Apple (1/2 C),Orange (1/2 C),Halo Mandarin Oranges 2ea (1/2 C),Raisins (1/2 C)		