Fairfax Food Service		January 2024	ill LK Lunch Menu	
Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024
	Salisbury Steak & Gravy, 1ea	GF Chicken Tender, 3 ea.	WG Spaghetti w/ Beef, Lentil Marinara, 1/2c	Boneless Chicken Wing Dings, 3ea
	Savory Mashed Potatoes, 1/4c	Ketchup	Shredded Mozzarella, 1/2 oz	Ketchup
	-	· ·		· · · · · · · · · · · · · · · · · · ·
	Wheat Dinner Roll, 1ea	Plain WG Brown Rice w/Cauliflower, 1/3c	Whole Wheat Bread, 1/2sl	Wheat Dinner Roll, 1ea
	Red Delicious Apple, 3/8c	Fresh Baby Carrots, 1/4c	Baby Spinach, 1/2 c	Peas/Carrots/Green Beans/Corn/Lima Bean, 1
		Ranch	Ranch	Orange Wedges, 4 ea.
		Orange Wedges, 4 ea.	Banana, 1/2ea	
HAPPY NEW YEAR!!		TODS & TWOS		TODS & TWOS
	TODS & TWOS	Carrot Coins, 1/4c	TODS & TWOS	Peas, Carrots, Green Beans, 1/4c
	Applesauce, 3/8c	Mandarin Oranges, 3/8 c	Sweet Peas, 1/4 c	Mandarin Oranges, 3/8 c
	VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice , 1/3 c	VEG: Refried Beans,1/2 c / Cheese,1/2 oz (side)	VEG: WG Spaghetti Marinara/Shredded Mozzarella	VEG: Morningstar Veggie Nuggets, 5ea
	*	,	· -	
Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024
Oven Baked Chicken Patty, 1ea	WG Chicken Nuggets, 3 ea.	Beef Nacho Fiesta, 1/4c	**Italian Beef Meatball Sub**, 1/2 ea.	Corn Dog Nuggets, 5 ea.
WG White Wheat Hamburger Bun, 1ea	Macaroni & Cheese, 1/2c	Shredded Cheddar Cheese, 1/2oz	**Italian Beef Meatballs, 3 ea. Sub Roll**, 1/2 ea.	Ketchup
Ketchup	Ketchup	GF Corn Tortilla Chips, 1/4c	Shredded Mozzarella Cheese, 1/2oz (2 Tbsp)	Tossed Salad w/Mixed Greens,1/2 c
Sweet Tender Peas, 1/4c	Tossed Salad w/Mixed Greens,1/2c	Sweet Yellow Corn, 1/4c	Steamed Green Beans, 1/4c	Ranch
Applesauce, 3/8c	Ranch	Chilled Diced Pears, 3/8 c	Golden Delicious Apple, 3/8c	Orange Wedges, 4 ea.
Applesauce, 5/60		Crimed Diced Fears, 5/6 C	Golden Delicious Apple, 3/60	Orange Wedges, 4 ea.
	Banana, 1/2 ea.			
		TODS & TWOS		
	TODS & TWOS	Wheat Dinner Roll, 1 ea.	TODS & TWOS	TODS & TWOS
	Peas, Carrots, Green Beans, 1/4c	Carrot Coins, 1/4c	Applesauce, 3/8c	Carrot Coins, 1/4c
			т фр	Mandarin Oranges, 3/8 c
	VEG: Macaroni & Cheese, 1/2 c			Mandailli Oranges, 5/0 C
EG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	Morningstar Veggie Nuggets, 3 ea.	VEG: Vegetarian Nacho Fiesta	VEG: Italian Veggie Meatball (2 ea.) Sub,1/2	VEG: Morningstar Veggie Nuggets, 5
Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024
	Lean Beef Hamburger on Bun, 1ea	Chicken Fajitas, 1/3c		**Meatless Baked Ziti** 1/2c
	WG White Wheat Hamburger Bun, 1ea	Shredded Cheddar Cheese, 1/2oz	WG Buttermilk Pancake 1 ea. w/	**WG Pasta, Marinara, 3 Cheese, Soy**
	Ketchup	Whole Wheat 6" Tortilla, 1ea	Chicken Sausage, 1 ea.	Peas/Carrots/Green Beans/Corn/Lima Bean, 1
	Sweet Yellow Corn, 1/4c	Steamed Green Beans, 1/4c	Syrup	Wheat Dinner Roll, 1ea
	-	· · · · · · · · · · · · · · · · · · ·		1
	Red Delicious Apple, 3/8c	Banana, 1/2ea	Fresh Baby Carrots, 1/4c	Chilled Diced Pears, 3/8 c
Martin Luther King, Jr. Day			Ranch	
			Orange Wedges, 4 ea.	
	TODS & TWOS		TODS & TWOS	TODS & TWOS
	Steamed Green Beans, 1/4c		Carrot Coins, 1/4c	Peas, Carrots, Green Beans, 1/4c
	Stodinod Groon Bodino, in to		Carrot Comio, ii io	r dad, darroto, droon Boand, ir id
	Appleagues 2/0s		Mandaria Oranga 2/0 a	
	Applesauce, 3/8c		Mandarin Oranges, 3/8 c	NEO 11 11 D. 1.771 1/0
VEG: Vegetarian Nacho Fiesta	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz	VEG: Chickenless Fajita Strips, 1/3 c	VEG: Morningstar Veggie Sausage, 1 ea.	VEG: Meatless Baked Ziti, 1/2c
Monday, January 22, 2024	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz <u>Tuesday, January 23, 2024</u>	Wednesday, January 24, 2024	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024	Friday, January 26, 2024
	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz		VEG: Morningstar Veggie Sausage, 1 ea.	
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz <u>Tuesday, January 23, 2024</u>	Wednesday, January 24, 2024	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024	Friday, January 26, 2024
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz <u>Tuesday, January 23, 2024</u> **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea.	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz <u>Tuesday, January 23, 2024</u> **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce**	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c	Friday, January 26, 2024 Cheese Pizza, 1sl
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesdav, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken 8. Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken 8. Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken 8. Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken 8. Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea.	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken 8. Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken 8. Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesdav, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea.	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wiCauliflower, 1/3 c Thursday, February 1, 2024	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea.	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Julice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG PastaMarinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wiCauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti wi Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea.	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1 ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Julice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG PastaMarinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wiCauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti wi Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 o c Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean,
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti wi Beef, Lentill Marinara, 1/2c Shredded Mozzarella, 1/2 c Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea.	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 o c Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1 Orange Wedges, 4 ea.
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c	VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marianra/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Com/Lima Bean, 1 Orange Wedges, 4 ea. TODS & TWOS
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS Carrot Coins, 1/4c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti wi Beef, Lentill Marinara, 1/2c Shredded Mozzarella, 1/2 c Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1 Orange Wedges, 4 ea. TODS & TWOS Peas, Carrots, Green Beans, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c	VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marianra/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice w/Cauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Com/Lima Bean, 4 Orange Wedges, 4 ea. TODS & TWOS
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS Carrot Coins, 1/4c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wiCauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1 Orange Wedges, 4 ea. TODS & TWOS Peas, Carrots, Green Beans, 1/4c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesdav, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesdav, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c TODS & TWOS Applesauce, 3/8c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wiCauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lentil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea TODS & TWOS Sweet Peas, 1/4 c	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1 Orange Wedges, 4 ea. TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5ea
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesdav, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesdav, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c TODS & TWOS Applesauce, 3/8c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side)	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wCauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lantil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea TODS & TWOS Sweet Peas, 1/4 c VEG: WG Spaghetti Marinara/Shredded Mozzarella	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, 1 Orange Wedges, 4 ea. TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Plain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Juice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Juice, 3/8c	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG PastaMarinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c TODS & TWOS Applesauce, 3/8c VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice, 1/3 c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 21, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side) ble, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c f	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wCauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lantil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea TODS & TWOS Sweet Peas, 1/4 c VEG: WG Spaghetti Marinara/Shredded Mozzarella	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Com/Lima Bean, 1 Orange Wedges, 4 ea. TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5ea
Monday, January 22, 2024 Swedish Beef Meatballs, 3ea Itain WG Brown Rice w/Cauliflower, 1/3 c Fresh Baby Carrots, 1/4c Ranch Pineapple Tidbits, 3/8c TODS & TWOS Sweet Peas, 1/4c Peaches in Julice, 3/8c VEG: Vegan Meatballs in Vegan Gravy, 2ea Monday, January 29, 2024 Chicken Slider on Bun, 1ea Shredded Cheddar Cheese, 1/2oz Slider Bun, 1ea Ketchup Steamed Green Beans, 1/4c Mixed Peaches & Pears in Julice, 3/8c eg Slider on Bun 1 ea. w/ Shred Cheese 1, rtions meet CACFP requirements: Lyears - 6oz. Milk required w/each meal, Por 2 years - 8oz milk required w/each meal, Po	VEG: Veg Slider on Bun 1 ea. w/ Shred Cheese 1/2 oz Tuesday, January 23, 2024 **Pizza Pasta Bake** 1/2c **WG Pasta/Marinara/Beef Crumbles Chicken & Beef Pepperoni/Tomato Sauce** Shredded Mozzarella Cheese, 1/2oz Whole Wheat Bread, 1/2sl Steamed Green Beans, 1/4c Banana, 1/2ea VEG: Vegetarian Pizza Pasta Bake, 1/2 c Tuesday, January 30, 2024 Salisbury Steak & Gravy, 1ea Savory Mashed Potatoes, 1/4c Wheat Dinner Roll, 1ea Red Delicious Apple, 3/8c TODS & TWOS Applesauce, 3/8c VEG: Veg Black Bean Chili 1/2 c w/ Cauliflower Rice, 1/3 c	Wednesday, January 24, 2024 WG Chicken Nuggets, 3 ea. Macaroni & Cheese, 1/2c Ketchup Sweet Tender Peas, 1/4c Orange Wedges, 4 ea. TODS & TWOS Mandarin Oranges, 3/8 c VEG: Macaroni & Cheese, 1/2 c Morningstar Veggie Nuggets, 3 ea. Wednesday, January 31, 2024 GF Chicken Tender, 3 ea. Ketchup Plain WG Brown Rice w/Cauliflower, 1/3c Fresh Baby Carrots, 1/4c Ranch Orange Wedges, 4 ea. TODS & TWOS Carrot Coins, 1/4c Mandarin Oranges, 3/8 c VEG: Refried Beans, 1/2 c / Cheese, 1/2 oz (side) ble, 1/4 c fruit (we serve 1/4 c vegetable, 3/8 c frand 1/4 c fruit (we serve 1/2 c veg, 1/2 c fruit)	VEG: Morningstar Veggie Sausage, 1 ea. Thursday, January 25, 2024 Cheeseburger Meatloaf, 1ea Wheat Dinner Roll, 1ea Caesar Salad, 1/2 c Caesar Dressing Parmesan Cheese Gala Apple, 3/8c TODS & TWOS Applesauce, 3/8c Steamed Green Beans, 1/4c VEG: Black Beans, 1/2 c & WG Brown Rice wCauliflower, 1/3 c Thursday, February 1, 2024 WG Spaghetti w/ Beef, Lantil Marinara, 1/2c Shredded Mozzarella, 1/2 oz Whole Wheat Bread, 1/2sl Baby Spinach, 1/2 c Ranch Banana, 1/2ea TODS & TWOS Sweet Peas, 1/4 c VEG: WG Spaghetti Marinara/Shredded Mozzarella	Friday, January 26, 2024 Cheese Pizza, 1sl Sweet Yellow Corn, 1/4c Peaches in Juice, 3/8 c TODS & TWOS Carrot Coins, 1/4c VEG: Cheese Pizza, 1sl Friday, February 2, 2024 Boneless Chicken Wing Dings, 3ea Ketchup Wheat Dinner Roll, 1ea Peas/Carrots/Green Beans/Corn/Lima Bean, Orange Wedges, 4 ea. TODS & TWOS Peas, Carrots, Green Beans, 1/4c Mandarin Oranges, 3/8 c VEG: Morningstar Veggie Nuggets, 5e: **GF** =