

JANUARY 2020 INTERMEDIATE LUNCH MENU

Harvest of the Month™



Salad Greens

Physical Activity of the Month

LOW COST OR NO COST ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
13 Chicken Chunks Garlic Breadstick Or Beef Rib Hoagie Kiwi (2) Seasoned Cucumber Carrots Salad Bar	14 Beef & Cheese Nachos Or Chicken Sandwich Refried Beans Steamed Broccoli Banana Salad Bar	15 Spanish Chicken & Rice Bowl Or Hamburger Or Cheeseburger Seasoned Fries Apple Slices Salad Bar	15 Meatball Sandwich Or Chicken Sliders Grapes Broccoli Salad Green Salad Salad Bar	17 Chicken Noodle Soup with Grilled Cheese Sandwich Or Pepperoni, Pep/Jalapeno or Cheese Pizza Apple Slices Seasoned Jicama Carrots Salad Bar
20 Holiday 	21 Orange Chicken with Brown Rice or Spaghetti & Meatballs Banana V Blend Juice Carrots Salad Bar	22 Pasta Bake with Garlic Breadstick Or Cheese Quesadilla Apple Slices Corn Seasoned Jicama Salad Bar	23 Beef Street Taco Or BBQ Chicken on Hawaiian Bun Seasoned Beans Pineapple Coleslaw Seasoned Jicama Salad Bar	24 Pepperoni, Veggie or Cheese Pizza Or "Mad Mac" & Cheese with Chicken Orange Juice Fruit Cup or Pop Broccoli Salad Salad Bar
27 Crunchy Nacho Taco Or Chicken Crisпитos Refried Beans Kiwi (2) Cucumber Salad Bar	28 Grilled Cheese Sandwich Or Sloppy Joe Seasoned Fries Banana Carrot & Raisin Salad Salad Bar	29 Breaded Drumstick Or Sriracha Chicken Bites Dinner Roll Corn Coleslaw Salad Apple Slices Salad Bar	30 Hamburger Or Cheeseburger Or Pepperoni, Cheese or Hawaiian Pizza Grapes Carrots V Blend Juice Salad Bar	31 Breaded Chicken Or Turkey & Gravy Dinner Roll Mashed Potatoes Steamed Broccoli Orange Juice or Fruit Cup or Pop Salad Bar

A choice of 1% milk and nonfat chocolate milk offered with all lunches. Please enjoy the Salad bar *** Menu subject to change***



January is Vegetable Month on My Plate!

