

## **Grades K-8 Lunch Menu 2021**

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	Monday 1/17	Tuesday 1/18	Lean & Green Wed 1/19	Thursday 1/20	Friday 1/21
				**Toasted Cheese Sandwich (36g)	*Chicken Tenders (12g) & Dinner Roll (16g)
choose 1			, yan	*Cheeseburger on Bun (27g)	**Veggie Pizza (39g) or Cheese Pizza (34g)
Entrée -		~			2500) COLD ENTRES
<u>                                    </u>				COLD ENTREES	COLD ENTREES
	NO SCHOOL	NO SCHOOL	NO SCHOOL		
Choose 1 or more		9.		*Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)

WEEK 2

	Monday 1/24	Tuesday 1/25	Lean & Green Wed 1/26	Thursday 1/27	Friday 1/28
	Moliday 1/24	Tuesday 1/25		*Hamburger on Bun (26g)	Chicken Tenders (9g) & Dinner Roll (16g)
ose 1	*Pepperoni Pizza (34g)	**Macaroni-n-Cheese (25g) & Dinner Roll (16g)	Committee of the second of the		**Veggie Pizza (39g) or Cheese Pizza (34g)
- cho	*Chili with Tortilla Chips (44g) & Dinner Roll (16g)	*Chicken Patty on Bun (34g)	**French Bread Cheese Pizza (33g)	Chicken Drumstick (6g) & Biscuit (27g)	Color of the Color
Entrée	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
, <u> </u>	COLD ENTREES		**Yogurt Parfait (53-58g) & Muffin (26-29g)		
Choose	*Corn (14g)	*Petato of Choice (13-18g)	*Green Beans (5g)		*Steamed Broccoli (2g)
or		*Collard Greens (4g)	- Commemon Spin (Cos)	*California Mixed Vegetables (5g)	**Black beans (21g)

WEEK 3

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. \*Vegetarian high protein food item is available at lunch daily. No pork, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 1/4/2022



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	14 1 4/04		PER		
	Monday 1/31	Tuesday 2/1	Lean & Green Wed 2/2	Thursday 2/3	Friday 2/4
		and the Committee of the Parish	-	**Cheese & Bean	*Salisbury Steak on Bun
	*Pepperoni Pizza (34g)	Constant of the second		(42g) Burrito	(36g)
6 7	: eppererii : 122 (5 19)	**Cheese Stuffed		*Chicken Drumstick & Waffle	
Ö		Breadsticks/ Spaghetti Sauce	_	(35g)	**Veggie Pizza (39g) or Cheese
운		(37g)		(339)	Pizza (34g)
- choose 1					**************************************
ée ,		*Turkey Sausage & French		CHECK PHANT WHITE	
Entrée	COLD ENTREES	Toast Sticks (59g)  COLD ENTREES		COLD ENTRES	
ū	GOLD LITTLE	COLD ENTREES	,	COLD ENTREES	COLD ENTREES
	**Yogurt, &			- Wanta	Charles District Charles (S.C.) 80
	Craisins (52-53g) & Grahams	GOIS DISSOLUTION OF THE PARTY O	NO SCHOOL	(33.0)	Annual Zour
	(38g)		NO SCHOOL		+
				. * 4	2000-2000-200
Choose	EUGENES)	* Committee of the comm		TATAL TERROR SO TATAL NOTATE OF THE	*Italian Mixed Vegetables –
1 or more	Brusselsprout **Black beans (219)	> *C P (5.)			(6g) zucchini, carrot,
more	black bearis (21g)	*Green Beans (5g)	p.	*Steamed Broccoli (2g)	cauliflower, Italian green bean
WEEK 4			3	***	& lima bean
	Monday 2/7	Tuesday 2/8	Lean & Green Wed 2/9	Thursday 2/10	Friday 2/11
	A STATE OF THE STA	*Southwest Burger on Bun	*	Thursday 2/10	Friday 2/11
	Contraction Toy - Dimar	(26g)		3,	
H -	2	*****		* Comment of the Comm	No. of the control of
Se		*Chicken and Cheese	* Common of the granter model	620	**Veggie Pizza (39g) or Cheese
choose 1	*Pepperoni Pizza (34g)	Taquitos (30g)			Pizza (34g)
7	Cheese Melt		**Franch Brand Charas Bi	*OH Day Hamburger on	
ų į	(32g)	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	**French Bread Cheese Pizza (33g)	Bun (26g)	*Chill Cheese Coney (26g)
Entrée –	COLD ENTREES	COLD ENTREES	COLD ENTREES		COLD ENTREES
ᇤ		COED ENTREES		COLD ENTREES	COLD ENTREES
	The State of the S	SERVICE CICLERY COMP	**Yogurt Parfait (53-58g) &	**Egg Combo (34-59g)	*50
-			Muffin (26-29g)	to the second control of	
Choose	*Corn (14g)		*Green Beans (5g)	THE PROPERTY OF THE PARTY OF TH	**Baked Beans (28g)
1 or	, , ,			*Callend Connect (4.)	
more	**Garbanzo beans (20g)	*Steamed Broccoli (2g)		*Collard Greens (4g)	

WEEK 1

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