JANUARY 2023

aramark

Lunch Prices Student: \$2.95 Adult: \$4.00

All lunches MUST Include a fruit, vegetable or 100% fruit juice (Offered 2 days/week) and MAY include 1% or

ACE'S CORNER

8

22

29

skim chocolate milk **Available Everyday:** Sunbutter & Jelly sandwich on WG bread

served with a cheese stick

WG Bagel served with a cheese stick & low fat yogurt







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NEW YEARS DAY

Penne Pasta with Marinara & Meatballs Garlic Breadstick Cauliflower Fresh Fruit Hormone Free Milk

Chicken Dumplings Brown Rice Broccoli with Orange Sauce

French Toast Sticks Turkey Sausage Sweet Potato Fries Fresh Fruit Hormone Free Milk

Cheese Stuffed Breadsticks Black Beans & Corn Fresh Fruit Hormone Free Milk

SCHOOL CLOSED

Week 1 Weekly Specials: Hot: Hamburger or Cheeseburger Cold: Turkey & Cheese Sandwich on WG Bread

WG Mac & Cheese Steamed Green Beans Fresh Fruit Hormone Free Milk

Beef Nachos Campfire Pinto Beans Fresh Fruit Hormone Free Milk

Baked Chicken Tenders Baked French Fries Fresh Fruit Hormone Free Milk

Sweet & Sour Chicken Brown Rice Steamed Broccoli Fresh Fruit Hormone Free Milk

10

31

Cheese or Pepperoni Pizza Roasted Carrots Fresh Fruit Hormone Free Milk

12

26

2

Week 2 Weekly Specials: Hot: Turkey Sausage, Egg & Cheese on WG Biscuit

16

23

30

Cold: Blueberry Greek Yogurt Parfait with Granola

25

1

MARTIN LUTHER KING JR DAY

Tex Mex Popcorn Chicken Sante Fe Rice Black Beans & Peas

17 BBQ Chicken & Cheddar Baked Potato Steamed Broccoli Fresh Fruit

Hormone Free Milk

EARLY DISMISSAL Bagel or Sunbutter Fun Lunch OR Chicken Tenders w/ Dinner Roll **Baby Carrots** Hormone Free Milk

19 Cheese or Veggie Pizza Roasted Zucchini Fresh Fruit Hormone Free Milk

NO SCHOOL

Week 3 Weekly Specials: Hot: Chicken Tenders w/ WG Dinner Roll Cold: Egg Chef \$alad w/ WG Dinner Roll

Chicken Penne Alfredo Roasted Broccoli Fresh Fruit Hormone Free Milk

Twin Beef Tacos Kickin" Pinto Beans Fresh Fruit Hormone Free Milk

24 Grilled Cheese & Tomato Soup Steamed Baby Carrots Fresh Fruit Hormone Free Milk

Mini Blueberry Waffles Turkey Sausage **Baked Tator Tots**

Cheese or Meatball Pizza Garden Salad Steamed Green Beans Fresh Fruit Hormone Free Milk

Week 4 Weekly Specials: Hot: Cheese & Bean Quesadilla

Cold: Apple Cinnamon Vanilla Smoothie w/ WG Pretzel

Spaghetti & Meatballs Garlic Breadstick Steamed Zucchini Fresh Fruit

Hormone Free Milk

Chicken Nachos Warm Garbanzo Beans Fresh Fruit Hormone Free Milk

Beef Meatball Grinder Steamed Carrots Fresh Fruit Hormone Free Milk

Chicken Parmesan Melt **Baked French Fries** Fresh Fruit Hormone Free Milk

Cheese Stuffed Breadsticks Steamed Broccoli Fresh Fruit Hormone Free Milk

Week 3 Weekly Specials: Hot: Cheese Melt on WG Bread Cold: Chicken Caesar Salad w/ WG Dinner Roll