

January 2021 Lunch Menu for: Sprouts & Superstars/Garteners



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
Chicken Tender Wrap Honey Mustard Dip Shredded Cheddar Cheese Seasoned Diced Potatoes Peas & Carrots Apple 2% Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Green Beans Banana WG Soft Flour Tortilla 2% Milk	Diced Chicken Low Mein Broccoli Pine-Melon WG Bread 2% Milk	Roast Beef & Gravy Mashed Potatoes Carrot Coins Orange WG Bread 2% Milk	Baked Mostaccioli Tossed Salad Italian Dressing Hawaiian Fruit Salad WG Bread 2% Milk
11	12	13	14	15
Lemon Chicken Steamed Rice Carrot Coins Orange WG Dinner Roll 2% Milk	Beef Nachos Shredded Cheddar Cheese Sour Cream Refried Beans Spanish Brown Rice Banana Corn Tortilla Chips 2% Milk	Macaroni & Cheese Fresh Broccoli Ranch Dip Apple WG Bread 2% Milk	Steamed Rice Chicken Sloppy Joe Baked French Fries Green Beans Pear WG Bun 2% Milk	Meatball Marinara Spaghetti Pasta Cucumber Slices Ranch Dip Applesauce WG Bread 2% Milk
18	19	20	21	22
Pesto Pasta w/Diced Chicken Carrot Coin Cinnamon Applesauce WG Dinner Roll 2% Milk	Turkey A La King Steamed Rice Roasted Peppers Banana WG Bread 2% Milk	Beef Chili Rotini Pasta Roasted Vegetables Pineapple WG Corn Bread Chicken 2% Milk	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Peas & Carrots Orange WG Soft Flour Tortilla 2% Milk	Cheese Ravioli in Marinara Sauce Tossed Salad Italian Dressing Honeydew WG Bread 2% Milk
25	26	27	28	29
Roast Beef & Gravy Mashed Potatoes Roasted Brussel Sprouts Orange WG Dinner Roll 2% Milk	Meatball Marinara Penne Pasta Sautéed Cabbage Banana WG Bread 2% Milk	Chicken Teriyaki Rice Cucumber Slices Ranch Dip Hawaiian Fruit Salad WG Bread 2% Milk	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Apple WG Soft Flour Tortilla 2% Milk	Macaroni & Cheese Fresh Broccoli Ranch Dip Cantaloupe WG Bread 2% Milk