

Lunch Menu January 2022

For The Sprouts & Super Stars



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Italian Meatballs in Marinara Sauce Spaghetti Noodles Green Beans Orange WG Bread* 1% Milk	Macaroni & Cheese Broccoli Banana WG Bread* 1% Milk	Diced Chicken & Gravy Mashed Potatoes Fresh Carrot Coins Ranch Dressing Apple WG Dinner Roll* 1% Milk	Beef Nachos Shredded Cheddar Cheese Sour Cream Spanish Black Beans Pear WG Corn Tortilla Chips 1% Milk	Cheesy Chicken & Rice Cucumber Slices Ranch Dressing Honeydew WG Dinner Roll* 1% Milk
10	11	12	13	14
Turkey & Gravy Baked Sliced Sweet Potatoes Broccoli Apple WG Dinner Roll 1% Milk	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese Spanish Black Beans Banana WG Soft Flour Tortilla* 1% Milk	Baked Beef Mostaccioli Cucumber Slices Ranch Dressing Orange WG Bread* 1% Milk	Pesto Pasta w/ Diced Chicken Green Peas Pear WG Bread* 1% Milk	Chicken Patty Ketchup Tossed Salad Ranch Dressing Pineapple WG Bun* 1% Milk
17	18	19	20	21
Italian Chicken Steamed Rice Carrot Mash Orange WG Bread* 1% Milk	Macaroni & Cheese Green Peas Banana WG Bread* 1% Milk	Chicken with Marinara Sauce Rotini Pasta Fresh Carrot Coins Ranch Dressing Apple WG Bread* 1% Milk	Beef Taco Shredded Cheddar Cheese Shredded Lettuce Green Beans Pear WG Soft Tortilla 1% Milk	Cheese Ravioli* in Marinara Sauce Cucumber Slices Ranch Dressing Watermelon WG Bread 1% Milk
24	25	26	27	28
Macaroni & Cheese Broccoli Apple WG Bread* 1% Milk	Baked Ziti w/ Chicken Green Peas Banana WG Bread* 1% Milk	Chicken Tacos Shredded Cheddar Cheese Shredded Lettuce Cauliflower Watermelon WG Soft Flour Tortilla* 1% Milk	Beef Sloppy Joe Steamed Rice Sautéed Cabbage Cantaloupe WG Bun 1% Milk	Beef & Cheese Quesadilla* Fresh Carrot Coins Ranch Dressing Orange 1% Milk