

# January 2024 Lunch Menu For: Sprouts, Superstars and Lil Garteners



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 <b>Closed 1</b>	30 2	31 3	4	5
Italian Meatballs in Marinara Rotini Pasta Green Beans Apple Dinner Roll* 1% Milk	Chicken Lo Mein Cauliflower Banana Dinner Roll* 1% Milk	Three Cheese Pasta Bake Fresh Broccoli Ranch Dressing Orange Bread* 1% Milk	Chicken Potato Tacos Shredded Cheddar Cheese Spanish Rice Brussel Sprouts Pear Soft Flour Tortilla* 1% Milk	Beef Mostaccioli Cucumber Slices Ranch Dressing Diced Fresh Fruit Dinner Roll* 1% Milk
8	9	10	11	12
Macaroni and Cheese Green Peas Apple Dinner Roll* 1% Milk	Chicken Cacciatore Penne Pasta Roasted Green Beans Banana Dinner Roll* 1% Milk	Beef Nachos Shredded Cheddar Cheese Sour Cream Steamed Rice Diced Carrots Orange Corn Tortilla Chips 1% Milk	Chicken Parmesan w/Noodles Broccoli Pear Bread 1% Milk	Cheese Ravioli in Marinara Sauce* Cucumber Slices Ranch Dressing Diced Fresh Fruit Dinner Roll 1% Milk
15	16	17	18	19
Pesto Pasta with Chicken Green Peas Apple Dinner Roll* 1% Milk	Beef Meat Sauce Spaghetti Noodles Cauliflower Banana Dinner Roll* 1% Milk	Fajita Chicken Skillet with Cheese Refried Beans Corn* Ranch Dressing Orange Soft Wheat Tortilla* 1% Milk	Macaroni and Cheese Broccoli Pear Bread* 1% Milk	Cheeseburger Casserole Baked Sliced Sweet Potatoes Tossed Salad Italian Dressing Diced Fresh Fruit Dinner Roll* 1% Milk
22	23	24	25	26
Macaroni and Cheese Diced Carrots Apple Dinner Roll* 1% Milk	BBQ Pulled Chicken Rainbow Potatoes Broccoli Banana Bun* 1% Milk	Beef Stuffed Pepper Casserole with Rice Fresh Carrot Coins Ranch Dressing Orange Corn Bread* 1% Milk	Beef Tacos Shredded Cheddar Cheese Spanish Rice Spanish Black Beans Pear Soft Flour Tortilla* 1% Milk	Ziti Pasta w/ Chicken in a Creamy Red Sauce Cucumber Slices Ranch Dressing Diced Fresh Fruit Bread 1% Milk

note: fresh fruit and veggies are subject to occasional change based on availability.

\*Indicates Whole Grain