


JANUARY


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2021

LUNCH MENU – Grab N’ Go – Grades 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School – New Year’s Day 
4 Turkey and Cheese on Whole Grain Bread Lettuce and Tomato Steamed Broccoli Applesauce Milk	5 Breaded Drumstick Baked Beans Carrots w/ Lowfat Dip Diced Strawberries Whole Wheat Dinner Roll Milk	6 Meals Delivered	7 Grilled Cheese on Whole Grain Bread Tomato Soup Romaine Salad w/ Lowfat Dressing Celery w/ Lowfat Dip or Peanut Butter Grapes Milk	8 Pizza Mixed Vegetables Carrots w/ Lowfat Dip Fresh Fruit Whole Grain Cookie Milk
11 Chicken Tenders Steamed Broccoli Carrots w/ Lowfat Dip Canned Fruit Whole Wheat Dinner Roll Milk	12 Sloppy Joe on Whole Wheat Bun Mixed Vegetables Sweet Potato Fries Fresh Fruit Milk	13 Meals Delivered	14 BBQ Chicken Breast Cooked Cauliflower Celery w/ Lowfat Dip or Peanut Butter Whole Wheat Dinner Roll Canned Fruit Milk	15 Hot Dog Baked Fries Baked Buns Diced Pineapple Graham Crackers Milk

<p>No School – MLK Day</p> 	<p>18</p> <p>Pizza Carrots w/ Lowfat Dip Steamed Cauliflower Canned Fruit Goldfish Graham Crackers Milk</p>	<p>19</p> <p>Meals Delivered</p>	<p>20</p> <p>Meals Delivered</p>	<p>21</p> <p>Pork BBQ Patty on Whole Grain Bun Baked Beans Mixed Vegetables Diced Strawberries Graham Crackers Milk</p>	<p>22</p> <p>Turkey or Chicken Pot Pie Cooked Carrots Romaine Salad w/ Lowfat Dressing Baby Carrots Canned Fruit Whole Grain Roll Milk</p>
<p>25</p> <p>Mini Cheese Ravioli Salad Blend w/ Lowfat Dressing Steamed Broccoli Fresh Fruit Bread Stick w/ Cheese Whole Grain Cookie Milk</p>	<p>26</p> <p>Chicken Fajita Wrap w/ Lettuce, Tomato, Beans, Cheese Baby Carrots w/ Lowfat Dip Graham Crackers Canned Fruit Milk</p>	<p>27</p> <p>Meals Delivered</p>	<p>28</p> <p>Salisbury Steak Mashed Potatoes w/ Gravy Green Beans Fresh Fruit Whole Wheat Dinner Roll Milk</p>	<p>29</p> <p>Breaded Chicken Patty on Whole Grain Bun w/ Lettuce, Tomato Romaine Salad w/ Lowfat Dressing Baby Carrots Canned Fruit Goldfish Crackers Milk</p>	

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