

January 2021 CHS & WMS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Hot dogs on whole grain bun Baked beans Baby carrots Applesauce cups Milk</p> <p>Alt: pepperoni pizza,yogurt parfait or pb&j</p>	<p>5 Popcorn chicken Seasoned fries Cucumber slices Cauliflower Whole grain roll Grapes Milk</p> <p>Alt: cheeseburger on whole grain bun, yogurt parfait or pb&j</p>	<p>6 Orange chicken Brown rice Steamed broccoli Whole grain roll Mandarin oranges Milk</p> <p>Alt: egg roll or turkey sandwich,yogurt parfait or pb&j</p>	<p>7 Italian Penne pasta Romaine & spinach salad Grape tomatoes Garlic toast Peaches Milk</p> <p>Alt: sausage pizza,yogurt parfait or pb&j</p>	<p>8 Grilled cheese Tomato soup Red pepper strips Cucumber slices Apple slices Milk</p> <p>Alt:Papa Murphy's Pizza,yogurt parfait or pb&j</p>
<p>11 Chicken patty Seasoned wedges Baked beans Mandarin orange Milk</p> <p>Alt: cheeseburgers on whole grain bun, yogurt parfait or pb&j</p>	<p>12 Orange chicken Brown rice Steamed broccoli Pineapple Milk</p> <p>Alt: egg roll or turkey sandwich, yogurt parfait or pb&j</p>	<p>13 Boscob Marinara sauce Fresh broccoli & cauliflower <i>Sidekicks fruit slushie</i> Milk</p> <p>Alt: turkey sandwich and/or cheese soup, yogurt parfait or pb&j</p>	<p>14 Chicken strips Mashed potatoes & gravy Key West vegetable blend Peaches Milk</p> <p>Alt: Papa Murphy's pizza,yogurt parfait or pb&j</p>	<p>15 Spaghetti Romaine & Spinach salad Cucumber slices Pears Milk</p> <p>Alt:Calzone,yogurt parfait or pb&j</p>
<p>18 Little Caesar's pizza Fresh broccoli Baby carrots Applesauce cups Milk</p> <p>Alt: bratwurst on a whole grain bun,yogurt parfait or pb&j</p>	<p>19 EXAM Italian Penne Pasta Romaine & Spinach Salad Grape tomatoes Garlic toast Peaches Milk</p> <p>Alt: pepperoni pizza,yogurt parfait or pb&j</p>	<p>20 EXAM Chicken quesadilla Black beans Corn Salsa Tortilla chips Baby carrots Pears Milk</p> <p>Alt: chili wrap,yogurt parfait or pb&j</p>	<p>21 EXAM Cheeseburger on whole grain bun Seasoned wedges Baked beans Fresh Apples Milk</p> <p>Alt: Papa Murphy's pizza,yogurt parfait or pb&j</p>	<p>22</p> <p style="text-align: center;">NO SCHOOL RECORDS DAY</p>
<p>25 BBQ Pulled Pork on a whole grain bun Red pepper strips Baby carrots Fruit cocktail Milk</p> <p>Alt: Cheeseburger</p>	<p>26 Nacho Supreme- Seasoned taco meat, lettuce,diced tomato,cheese sauce,black beans & salsa Tortilla chips Peaches</p>	<p>27 BBQ nibblers Baked potato Green beans Whole grain roll Pineapple Milk</p> <p>Alt: pizza burger on</p>	<p>28 Orange chicken Brown rice Steamed broccoli Mandarin oranges Fortune cookie Milk</p> <p>Alt: egg roll or</p>	<p>29 Homemade Turkey stew Soft pretzels Grape tomato Cucumber slices Grapes Milk</p>

on whole grain bun, yogurt parfait or pb&j	Milk Alt: pepperoni pizza,yogurt parfait or pb&j	whole grain bun,yogurt parfait or pb&j	turkey sandwich,yogurt parfait or pb&j	Alt: Papa Murphy's pizza,yogurt parfait or pb&j
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This institution is an equal opportunity provider.

Milk - fat free & 1% white or 1% chocolate

Menu is subject to change.