




All entrees served with choice of 1% milk, fat free unflavored or flavored milk. All grain items offered are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red & Orange	Starchy	Legumes	Other	Dark Green
			1 <b>Chicken Fajitas</b> Spanish Rice (3/4c) Whole Kernel Corn (1/2c) 100% Fruit Juice Milk	2 <b>Chicken Teriyaki Bowl</b> Brown Rice (3/4c) Steamed Broccoli & Carrots (1c) Fresh Fruit Milk
5 <b>BBQ Chicken on a Hamburger Bun</b> Carrot Sticks (3/4c) 100% Fruit Juice Milk	6 <b>Three Cheese Mac &amp; Cheese</b> Peas & Carrots (1c) Fresh Fruit Milk	7 <b>Green Chicken Enchiladas</b> Fiesta Beans & Corn (3/4c) Fresh Fruit Milk	8 <b>Pizza Lasagna</b> Steamed Broccoli & Carrots (1c) 100% Fruit Juice Milk	9 <b>Turkey Hot Dog on a Bun</b> Carrot Sticks (3/4c) Fresh Fruit Milk
12 <b>Hamburger</b> Carrot Sticks (3/4c) 100% Fruit Juice Milk	13 <b>Chicken Parmesan Pasta</b> Whole Kernel Corn (1/2c) Fresh Fruit Milk	14 <b>ASH WEDNESDAY</b> <b>Cheese Quesadilla</b> Spanish Rice (1/2c) Fiesta Beans & Corn (3/4c) Fresh Fruit Milk	15 <b>Southwestern Chicken w/ Brown Rice (3/4c)</b> Steamed Broccoli & Carrots (1c) 100% Fruit Juice Milk	16 <b>Bean &amp; Cheese Burrito</b> Carrot Sticks (1/2c) Fresh Fruit Milk
19 	20 <b>Chili Cheese Dog</b> Whole Kernel Corn (3/4c) Fresh Fruit Milk	21 <b>Beef &amp; Cheese Nachos</b> Fiesta Beans & Corn (3/4c) Fresh Fruit Milk	22 <b>Orange Chicken Bowl w/ Brown Rice (3/4c)</b> Steamed Broccoli & Carrots (1c) 100% Fruit Juice Milk	23 <b>Tuna Sandwich on Wheat Bread</b> Carrot Sticks (3/4c) Fresh Fruit Milk
26 <b>Turkey Hot Dog on a Bun</b> Carrot Sticks (3/4c) Fresh Fruit Milk	27 <b>Hamburger</b> Tater Tots (3/4c) Fresh Fruit Milk	28 <b>Chicken &amp; Cheese Chilaquiles</b> Black Beans (1/2c) Corn (1/4c) Fresh Fruit Milk	29 <b>Beef Marinara Baked Ziti Bowl</b> Steamed Broccoli & Carrots (1c) 100% Fruit Juice Milk	

Menu subject to change without notice.

Menu items may change due to supply chain issues, including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

1/21/2023



This institution is an equal opportunity provider.