




Type School Name Here

MCFI

9-12 Hot Lunch UPDATED



**January
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WG Italian Cheesy Pull-Aparts Marinara Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	4 Sweet and Sour Chicken WG Brown Rice WG Cracker Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	5 WG Cheese Ravioli with Shredded Cheese WG Breadstick WG Cracker Steamed Mixed Vegetables Seasonal Fruit 100% Fruit Juice Choice of Milk	6 NATIONAL BEAN DAY WG Beef and Cheese Burrito Taco Sauce Packet Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk 	7 Chef's Salad with Diced Turkey Ham, Shredded Cheese and Ranch Dressing WG Dinner Roll with Margarine Assorted WG Graham Cracker Seasonal Fruit 100% Fruit Juice Choice of Milk
10 Baked Chicken Leg WG Biscuit with Margarine Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	11 NATIONAL MILK DAY Salisbury Steak WG Dinner Roll with Margarine WG Cracker Mashed Potatoes Seasonal Fruit 100% Fruit Juice Choice of Milk 	12 WG Calzone Marinara Sauce Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	13 BRUNCH FOR LUNCH Chicken Smackers (10) WG Waffle or Pancake Pouch Syrup Cup and BBQ Packet Sunset Sip Juice Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	14 Domino's Cheese Pizza Romaine Salad with Ranch (2) Seasonal Fruit 100% Fruit Juice Choice of Milk
17 Manager's Choice Entree Manager's Choice Side Steamed Vegetables Seasonal Fruit 100% Fruit Juice Choice of Milk	18 Beef Tacos on a WG Tortilla with Shredded Cheese Taco Sauce Packet Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	19 Chicken Corn Dog Ketchup Packet Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	20 NATIONAL CHEESE LOVER'S DAY WG Cheese Quesadilla Taco Sauce Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk 	21 Shredded Turkey and Gravy on WG Bun Potato Wedges Ketchup Packet Seasonal Fruit 100% Fruit Juice Choice of Milk
24 BRUNCH FOR LUNCH Chicken Breakfast Sausage, Egg and Cheese Breakfast Sandwich on WG Biscuit Grape Jelly Sunset Sip Juice Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	25 Hamburger on WG Bun Ketchup Packet Steamed Peas Seasonal Fruit 100% Fruit Juice Choice of Milk	26 WG Queso Cheesy Pull-Aparts Salsa Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	27 Homemade Sloppy Joe on WG Bun Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	28 Italian Meatball Sub with Shredded Cheese on WG Bun Steamed Broccoli Seasonal Fruit 100% Fruit Juice Choice of Milk
31 Non-WG Mac and Cheese WG Chicken Smackers (5) with BBQ Packet WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE This institution is an equal opportunity provider.			



January Nutrition Tip: Stay Active!

It is important to stay active even during the winter months. Get outside (or stay indoors) and spend some quality time with family while staying physically active. Outdoors you can get some extra Vitamin D too (yes even in winter!)

Source: mkewithkids.com

For ideas, click the QR Code!

