



Kids Lunch Menu

January 2024

January cont'd

SUN

Week 1 - 1/29 - 2/2

MON	B&G chicken and mashed potatoes Cooked carrots Yogurt	
TUE	Turkey wrap (or vegan seitan) Chip Bag Fresh Fruit	
WED	Spaghetti and meat (or marinara sauce) Cheesy bread Applesauce fruit squeeze	
THU	Chicken (or cheese) Quesadilla Cucumbers Oranges	
FRI	French Bread Pizza (Pepperoni or Cheese) Salad Fresh Fruit	
SAT	Weekend	
SUN	Weekend	

Week 1 - 1/2 - 1/5

MON	Beef Burrito Bowls (or vegan meat) Cucumbers Applesauce fruit squeeze
TUE	Turkey & Cheese Sandwich (or vegan deli meat) Chip Bag Fresh Fruit
WED	Spaghetti and meat (or marinara sauce) Cheesy bread Yogurt
THU	Chicken (or cheese) Quesadilla Veggie sticks and Ranch Oranges
FRI	French Bread Pizza (Pepperoni or Cheese) Salad Fresh Fruit
SAT	Weekend
SUN	Weekend

Week 2 - 1/8 - 1/12

MON	Chicken & Potatoes (or Vegan Chicken) Cooked Carrots Applesauce Fruit Squeeze
TUE	Sunflower Butter & Grape Jelly Sandwiches Veggies sticks & Ranch String Cheese
WED	Macaroni & Cheese Broccoli Fresh fruit
THU	Mini Burgers or Grilled Cheese Sliders Chips Yogurt
FRI	French Bread Pizza (Pepperoni or Cheese) Celery sticks and sunflower butter Fresh Fruit
SAT	Weekend
SUN	Weekend

Week 3 - 1/15 - 1/19

MON	Chicken & Rice Bowls or Vegan Chicken w/ Rice Broccoli Yogurt
TUE	Bean & Cheese Burritos Cooked carrots Fresh Fruit
WED	Butter Noodles & PARMESAN Cheese Celery & Sunflower Butter Yogurt
THU	Turkey & Cheese Sliders or Grilled Cheese Sliders Cucumbers Applesauce fruit squeeze
FRI	French Bread Pizza (Pepperoni or Cheese) Salad Fresh Fruit
SAT	Weekend
SUN	Weekend

Week - 1/22 - 1/26

MON	Chicken and potatoes (or Vegan Chicken) Veggie sticks & Ranch Yogurt
TUE	Beef Quesadilla Cooked Carrots Fresh Fruit
WED	Macaroni & Cheese Broccoli Applesauce Fruit Squeeze
THU	Turkey sub or vegan deli meat Chips Apples
FRI	French Bread Pizza (Pepperoni or Cheese) Cucumbers Fresh Fruit
SAT	Weekend
SUN	Weekend

Any item can be made vegetarian and/or dairy free