



JANUARY LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NO PORK SERVED ON THIS MENU WG= WHOLE GRAIN LS=LOW SODIUM TOSSED SALAD= ROMAINE AND SPINACH AND SOME ICEBERG BLEND</p>		<p style="text-align: center;">2</p> <p><i>LS Beef Hotdog on WG Bun</i> <i>Mixed Vegetables</i> <i>Baked Beans</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">3</p> <p><i>WG Chicken Nuggets</i> <i>BBQ Sauce</i> <i>Cali Blend Vegetables</i> <i>Sliced Bread w/butter</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">4</p> <p><i>Egg & Cheese Omelet</i> <i>Breakfast Potatoes</i> <i>Fresh Red & Green Peppers</i> <i>Blueberry Muffin</i> <i>Fruit Juice</i> <i>Milk</i></p>
<p style="text-align: center;">7</p> <p><i>WG Chicken Burger on WG Bun</i> <i>Mayo</i> <i>Baby Carrots</i> <i>Tossed Salad/Dressing</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">8</p> <p><i>WG Cheese Lasagna Roll Up</i> <i>WG Garlic Breadstick</i> <i>Fresh Broccoli w/ranch</i> <i>Cucumber Slices</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">9</p> <p><i>Beef Sloppy Joes on WG Bun</i> <i>Sweet Potato Tots</i> <i>Cauliflower w/Ranch</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">10</p> <p><i>Roasted Sliced Turkey</i> <i>Mashed Potatoes & Gravy</i> <i>Tossed Salad/Dressing</i> <i>WG Dinner Roll/Butter</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">11</p> <p><i>Homemade Beef Chili W/Crackers & Shredded Cheddar Cheese</i> <i>WG Cheese Stuffed Breadstick</i> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i></p>
<p style="text-align: center;">14</p> <p><i>Fajita Chicken Strips on WG Tortilla</i> <i>Shredded Lettuce, Cheese & Sour Cream</i> <i>Refried Beans</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">15</p> <p><i>WG Chicken Mini Corndogs W/ Ketchup & Mustard</i> <i>Tater Tot Medley</i> <i>Tossed Salad/Dressing</i> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">16</p> <p><i>Turkey Sausage Pancake on a Stick W/Maple Syrup</i> <i>Breakfast Potatoes</i> <i>Fresh Sliced Cucumbers</i> <i>Fruit Juice</i> <i>Milk</i></p>	<p style="text-align: center;">17</p> <p><i>Beef Spaghetti</i> <i>WG Garlic Breadstick</i> <i>Fresh Broccoli w/ranch</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">18</p> <p><i>Baked Chicken Drumsticks</i> <i>Brown Rice Pilaf</i> <i>Ranch Seasoned Carrots</i> <i>WG Sliced Bread w/Butter</i> <i>Fruit</i> <i>Milk</i></p>
<p style="background-color: #00FF00; color: black; padding: 5px;">21 NO SCHOOL</p>	<p style="background-color: #00FF00; color: black; padding: 5px;">22 NO SCHOOL</p>	<p style="text-align: center;">23</p> <p><i>Beef Cheeseburger W/Lettuce, Tomato, Pickles, Ketchup, & Mustard</i> <i>Vegetarian Baked Beans</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">24</p> <p><i>BBQ Beef Meatballs</i> <i>Honey Glazed Butternut Squash</i> <i>Fresh Broccoli Florets/Ranch</i> <i>Sliced Bread/Butter</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">25</p> <p><i>Taco in a Bag W/Lettuce, Cheese, Sour Cream, Taco Sauce & Diced Tomatoes</i> <i>Baby Carrots</i> <i>WG Dinner Roll/Butter</i> <i>Fruit</i> <i>Milk</i></p>
<p style="text-align: center;">28</p> <p><i>Orange Chicken over Brown Rice</i> <i>Tossed Salad/Dressing</i> <i>Fresh Cauliflower/Ranch</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">29</p> <p><i>Turkey & Cheese Sandwich on WG Bun w/Mayo</i> <i>Seasoned Pinto Beans</i> <i>Grape Tomatoes</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">30</p> <p><i>Oven Baked Herbed Chicken Breast</i> <i>Steamed Carrots</i> <i>Fresh Broccoli Florets</i> <i>WG Dinner Roll/Butter</i> <i>Fruit</i> <i>Milk</i></p>	<p style="text-align: center;">31</p> <p><i>Tater Tot Hot Dish</i> <i>Chuckwagon Corn Blend</i> <i>Fresh Sliced Cucumbers</i> <i>WG Sliced Bread w/Butter</i> <i>Fruit</i> <i>Milk</i></p>	



Additional condiments available upon request.
 THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. MENUS SUBJECT TO CHANGE BASED ON AVAILABILITY OF ITEMS
 * INGREDIENTS SUCH AS PEANUTS, NUTS/SEEDS, MILK, EGG, SOYBEAN, GLUTEN, AND OTHER PRODUCTS MAY BE USED IN THE PRODUCTION OF THE MENUS.
 Questions on the menu please visit www.newhorizonfoods.com or info@newhorizonfoods.com



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