



This institution is an equal opportunity provider
Menus are subject to change without notice



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Happy New Year

3

Red Beans-
Rice/Turnip
Greens/Carrots/Corn Bread
Fruit

4

Fruit Yogurt Plate
Corn Dog
Baked Beans/California
Veggies
Fruit

5

Chef Salad/Crackers
Cheesy Chicken/Rice
Green Beans/Sweet Potato
Roll
Fruit

6

Fruit Yogurt Plate
Cheese Burger
French Fries/Raw Veggies
Fruit

7

Chicken Nuggets/Roll
Pizza
Diced Potatoes/Green Peas
Fruit

10

Spaghetti/Texas Toast
Chicken Sandwich
Mixed Veggies/Side Salad
Fruit

11

Fruit Yogurt Plate
Turkey w/Gravy/Roll
Mashed Potatoes
California Veggies
Fruit

12

Chef Salad/Crackers
Red Beans/Rice
Turnip Greens/Carrots
Corn Bread
Fruit

13

Fruit Yogurt Plate
Hot Dog/French Fries
Baked Beans
Fruit

14

Holiday

17

Hamburger Patty/Rice
Gravy/Roll
Spicy Chicken Sandwich
Green Beans/Raw Veggies
Fruit

18

Fruit Yogurt Plate
Beefy Nachos
Corn/Side Salad
Fruit

19

Chef Salad/Crackers
Corn Dog
Baked Beans
Carrots
Fruit

20

Fruit Yogurt Plate
B.B.Q Chicken Sandwich
Tater Tots/Raw Veggies
Fruit

21

Chicken Tenders/Roll
Mexican Pizza
Mashed Potatoes/Green
Beans/Fruit

24

Spaghetti/Texas Toast
Hot Ham-Cheese Sub
Lima Beans/Side Salad
Fruit

25

Fruit Yogurt Plate
Pizza Lunchable
Corn/Green Peas
Fruit

26

Chef Salad/Crackers
Chicken Gumbo/Crackers
Side Salad/Mixed Veggies
Fruit

27

Fruit Yogurt Plate
Grilled Cheese Sandwich
French Fries/Carrots w/Dip
Fruit

28

Mandarin Chicken/Fried
Rice
Pizza/Steamed Broccoli
Squash/Fruit

31

