



# January 2021: Lunch



**NURTITION TIP:** Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

| Sun | Mon  | Tue  | Wed  | Thu  | Fri   | Sat |
|-----|--|--|--|--|---|-----|
|     | <b>04</b> Spaghetti & meatballs<br>zucchini<br>Fruit<br>1% Milk<br>LF Chocolate Milk | <b>05</b> Tacos<br>Refried beans<br>Fruit<br>1% Milk<br>LF Chocolate Milk                    | <b>06</b> Chicken Tenders<br>Tater Tots<br>Fruit<br>1% Milk<br>LF Chocolate Milk                 | <b>7</b> Pierogis<br>Peppers&onions<br>1% Milk<br>LF Chocolate Milk                        | <b>08</b> <b>Pizza</b><br><b>Carrots sticks</b><br>Fruit<br>1% Milk<br>LF Chocolate Milk      |     |
|     | <b>11</b> Chicken Alfredo Pasta<br>broccoli<br>Fruit<br>1% Milk<br>LF Chocolate Milk | <b>12</b> Chicken Nachos w/<br>black beans and corn<br>fruit<br>1% Milk<br>LF Chocolate Milk | <b>13</b> Grilled Cheese<br>Tomato soup<br>Fruit<br>1% Milk<br>LF Chocolate Milk                 | <b>17</b> Sloppy Joe<br>Potato salad<br>Fruit<br>1% Milk<br>LF Chocolate Milk              | <b>15</b> <b>Pizza</b><br><b>Romaine salad</b><br>Fruit<br>1% Milk<br>LF Chocolate Milk       |     |
|     | <b>18</b><br><br>No School   | <b>19</b> <b>Walkin taco</b><br><b>Tomato salsa</b><br>fruit<br>1% Milk<br>LF Chocolate Milk | <b>20</b> Pesto Chicken Pasta<br>w/ Peas<br>Fruit<br>1% Milk<br>LF Chocolate Milk                | <b>21</b> Corn Dogs<br>Carrots<br>Fruit<br>1% Milk<br>LF Chocolate Milk                    | <b>22</b> <b>Pizza</b><br><b>Garbanzo bean salad</b><br>Fruit<br>1% Milk<br>LF Chocolate Milk |     |
|     | <b>25</b> BBQ pulled Pork<br>Sand w/ corn<br>Fruit<br>1% Milk<br>LF Chocolate Milk   | <b>26</b> Chicken Quesadilla ,<br>Peppers &onion<br>fruit<br>1% Milk<br>LF Chocolate Milk    | <b>27</b> <b>Mac &amp; Cheese</b><br><b>Green Beans</b><br>fruit<br>1% Milk<br>LF Chocolate Milk | <b>28</b> <b>Taco Pizza</b><br><b>w/ Tomatoes</b><br>fruit<br>1% Milk<br>LF Chocolate Milk | <b>29</b><br><br><b>No School</b>   |     |
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