



JANUARY 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Deep Dish Galaxy Cheese Pizza + or Confetti Pancakes Poultry Sausage or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears Emoticon Fries / Ketchup Fresh Fruit	4 All American Cheese Melt + or Cheesy Baked Penne + or Fresh Apple & Cheese Plate + Goldfish Pretzels Steamed Green Beans 100% Fruit Juice	5 Rotini with Meatballs or Chicken Tenders Breadstick / BBQ Sauce or Nacho Salad Tostitos Scoops / Scooby Doo Grahams Steamed Broccoli Fresh Fruit	6 Hot Diggity Dog Ketchup or Pizza Crunchers + or Popcorn Chicken Salad Breadstick / Ranch Dressing BBQ Black Beans Flavored Applesauce	7 Salisbury Steak with Gravy / Egg Noodles or Nacho Combo Tostito's Scoops or Chicken Caesar Salad Dinner Roll / Caesar Dressing Steamed Carrots Craisins
10 BBQ Meatball Sub or Breaded Chicken Sandwich BBQ Sauce or Strawberry Yogurt w/ Granola + / Scooby Doo Grahams Steamed Green Beans Fresh Fruit	11 Cheesy Flatbread + or Macaroni & Cheese + or Fresh Apple & Cheese Plate + Goldfish Pretzels Steamed Broccoli Craisins	12 Cheeseburger Ketchup or Hot Diggity Dog Ketchup or Popcorn Chicken Salad Breadstick / Ranch Dressing Baked Beans + Baby Carrots Fresh Fruit	13 NEW Southwest Chicken & Rice Bowl or Corn Dog Mustard or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears Sweet Golden Corn Fresh Fruit	14 Pizza Crunchers + or Beef & Cheese Soft Tacos Taco Sauce or All-American Salad Dinner Roll / French Dressing Steamed Carrots Spinach Salad / French Dressing 100% Fruit Juice
17 MARTIN LUTHER KING JR. DAY 	18 French Toast Sticks Poultry Sausage or Southwest Queso Cheesy Pull-Aparts + or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears Tatar Tots / Ketchup Fresh Fruit	19 Pizza Dippers + Pizza Dipping Sauce or All American Cheese Melt + or Fresh Apple & Cheese Plate + Goldfish Pretzels Steamed Carrots 100% Fruit Juice	20 Chicken Tenders Breadstick / BBQ Sauce or Rotini with Meatballs or Strawberry Yogurt w/ Granola + / Scooby Doo Grahams Steamed Broccoli Flavored Applesauce	21 NEW Korean Meatballs Brown Rice or Deep Dish Galaxy Cheese Pizza + or Popcorn Chicken Salad Breadstick / Ranch Dressing Black Beans Fresh Fruit
24 Italian Cheese & Garlic Cheesy Pull Aparts + Pizza Dipping Sauce or Classic Hamburger Ketchup or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears Steamed Mixed Vegetables Fresh Fruit	25 Chicken Mashed Potato Bowl or Mini Corn Dogs & Pretzel Bites / Cheese Sauce or Fresh Apple & Cheese Plate + Goldfish Pretzels Steamed Broccoli Craisins	26 Hot Diggity Dog Ketchup or Chicken Parmesan Sandwich or Nacho Salad Tostitos Scoops / Scooby Doo Grahams Sweet Potato Fries Flavored Applesauce	27 Soft Tacos Taco Sauce or Turkey Ham & Cheese Melt or Popcorn Chicken Salad Breadstick / Ranch Dressing Refried Beans + Tossed Salad / Ranch Dressing 100% Fruit Juice	28 Cheesy Flatbread + or Cheeseburger Meatloaf Breadstick or Chicken Caesar Salad Dinner Roll / Caesar Dressing Sweet Golden Corn Fresh Fruit
31 Chicken Nuggets Pretzel Rod / BBQ Sauce or All American Cheese Melt + or Fresh Apple & Cheese Plate + Goldfish Pretzels Steamed Carrots 100% Fruit Juice	<div style="text-align: center;"> CHALLENGE OF THE MONTH: CABBAGE COLOR KIT </div> <p>DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.</p> <p>MATERIALS:</p> <ul style="list-style-type: none"> White clothes to dye 1 large pot 1 strainer 2 cups of chopped red cabbage 5 cups of water <p><i>Choose one or the other:</i></p> <ul style="list-style-type: none"> 2 tablespoons of apple cider vinegar for purple OR 1 teaspoon of baking soda for blue  <p><small>*DO NOT attempt to cook or chop without adult supervision.</small></p>			

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
 - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
 - Nutrition and allergen information available at www.FSPro.com
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*

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