



# JANUARY 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Deep Dish Galaxy Cheese Pizza +</b> or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears Emoticon Fries / Ketchup Fresh Fruit	<b>4</b> <b>All American Cheese Melt +</b> or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels Steamed Green Beans 100% Fruit Juice	<b>5</b>  <b>Rotini with Meatballs</b> or <b>Nacho Salad</b> Tostitos Scoops / Scooby Doo Grahams Steamed Broccoli Fresh Fruit	<b>6</b> <b>Hot Diggity Dog</b> Ketchup or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing BBQ Black Beans Flavored Applesauce	<b>7</b> <b>Salisbury Steak with Gravy /</b> Egg Noodles or <b>Chicken Caesar Salad</b> Dinner Roll / Caesar Dressing Steamed Carrots Craisins
<b>10</b> <b>BBQ Meatball Sub</b> or <b>Strawberry Yogurt w/ Granola +</b> / Scooby Doo Grahams Steamed Green Beans Fresh Fruit	<b>11</b> <b>Cheesy Flatbread +</b> or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels Steamed Broccoli Craisins	<b>12</b> <b>Cheeseburger</b> Ketchup or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing Baked Beans + Baby Carrots Fresh Fruit	<b>13</b> NEW <b>Southwest Chicken &amp; Rice Bowl</b> or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears Sweet Golden Corn Fresh Fruit	<b>14</b> <b>Pizza Crunchers +</b> or <b>All-American Salad</b> Dinner Roll / French Dressing Steamed Carrots Spinach Salad / French Dressing 100% Fruit Juice
<b>17</b> <b>MARTIN LUTHER KING JR. DAY</b> 	<b>18</b> <b>French Toast Sticks</b> Poultry Sausage or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears Tater Tots / Ketchup Fresh Fruit	<b>19</b> <b>Pizza Dippers +</b> Pizza Dipping Sauce or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels Steamed Carrots 100% Fruit Juice	<b>20</b> <b>Chicken Tenders</b> Breadstick / BBQ Sauce or <b>Strawberry Yogurt w/ Granola +</b> / Scooby Doo Grahams Steamed Broccoli Flavored Applesauce	<b>21</b> NEW <b>Korean Meatballs</b> Brown Rice or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing Black Beans Fresh Fruit
<b>24</b> <b>Italian Cheese &amp; Garlic Cheesy Pull Aparts +</b> Pizza Dipping Sauce or <b>Vanilla Yogurt w/ Granola +</b> Cinnamon Belly Bears Steamed Mixed Vegetables Fresh Fruit	<b>25</b> <b>Chicken Mashed Potato Bowl</b> or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels Steamed Broccoli Craisins	<b>26</b> <b>Hot Diggity Dog</b> Ketchup or <b>Nacho Salad</b> Tostitos Scoops / Scooby Doo Grahams Sweet Potato Fries Flavored Applesauce	<b>27</b> <b>Soft Tacos</b> Taco Sauce or <b>Popcorn Chicken Salad</b> Breadstick / Ranch Dressing Refried Beans + Tossed Salad / Ranch Dressing 100% Fruit Juice	<b>28</b> <b>Cheesy Flatbread +</b> or <b>Chicken Caesar Salad</b> Dinner Roll / Caesar Dressing Sweet Golden Corn Fresh Fruit
<b>31</b> <b>Chicken Nuggets</b> Pretzel Rod / BBQ Sauce or <b>Fresh Apple &amp; Cheese Plate +</b> Goldfish Pretzels Steamed Carrots 100% Fruit Juice	<div style="background-color: #800040; color: white; padding: 10px; text-align: center;"> <b>CHALLENGE OF THE MONTH: CABBAGE COLOR KIT</b> </div> <p><b>DIRECTIONS:</b> 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 style="color: red; font-size: small;">*DO NOT attempt to cook or chop without adult supervision.</p>			
<p><b>MATERIALS:</b></p> <ul style="list-style-type: none"> <li>White clothes to dye</li> <li>1 large pot</li> <li>1 strainer</li> <li>2 cups of chopped red cabbage</li> <li>5 cups of water</li> </ul> <p style="text-align: right;"><i>Choose one or the other:</i></p> <ul style="list-style-type: none"> <li>2 tablespoons of apple cider vinegar for purple</li> <li>OR</li> <li>1 teaspoon of baking soda for blue</li> </ul> <div style="text-align: right;">  </div>				

## 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](http://www.FSPro.com)
  - Menu items do not contain pork
  - + Item does not contain meat
- \*Menu Subject to Change\*