



JANUARY 2022 LUNCH

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 Confetti Pancakes + Cheese Sticks Baby Carrots Grape Tomatoes Fresh Fruit Craisins | 4 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Baby Carrots Grape Tomatoes Fresh Fruit 100% Fruit Juice Belly Bear Grahams | 5 Chicken Ham, Turkey & Cheese Sandwich Mayonnaise Three Bean Salad Baby Carrots Fresh Fruit 100% Fruit Juice | 6 Popcorn Chicken Salad Breadstick Ranch Dressing Sweet Golden Corn Fresh Fruit Flavored Applesauce Cheddar Goldfish Crackers | 7 All-American Salad Dinner Roll French Dressing Potato Salad Baby Carrots Craisins 100% Fruit Juice Chocolate Elf Grahams |
| 10 Popcorn Chicken Pretzel Rod Ranch Dressing Sweet Golden Corn Grape Tomatoes Baby Carrots Fresh Fruit 100% Fruit Juice Cheez-It Crackers | 11 FUN PACK Pepperoni Slices Cheddar Cheese Cubes Mini Flatbread Potato Salad Baby Carrots Fresh Fruit Craisins Scooby Doo Grahams | 12 Turkey & Cheese Sub Mustard Three Bean Salad Baby Carrots Fresh Fruit 100% Fruit Juice | 13 Chicken Ham, Turkey & Cheese Sandwich Mayonnaise Sweet Golden Corn Bell Pepper Strips Baby Carrots Fresh Fruit 100% Fruit Juice | 14 Egg Chef Salad + Dinner Roll Ranch Dressing Fresh Celery Baby Carrots Fresh Fruit 100% Fruit Juice Belly Bear Grahams |
| 17 MARTIN LUTHER KING JR. DAY  | 18 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Baby Carrots Grape Tomatoes Fresh Fruit 100% Fruit Juice Animal Crackers | 19 Confetti Pancakes + String Cheese Baby Carrots Grape Tomatoes Fresh Fruit 100% Fruit Juice | 20 Chicken Ham & Cheese Sandwich Mayonnaise Three Bean Salad Baby Carrots Flavored Applesauce Craisins | 21 Popcorn Chicken Salad Dinner Roll Ranch Dressing Sweet Golden Corn Fresh Fruit 100% Fruit Juice Sunflower Seeds Belly Bear Grahams |
| 24 Cheese Sub + Potato Salad Baby Carrots Fresh Fruit 100% Fruit Juice | 25 Strawberry Splash Pancakes + String Cheese Baby Carrots Grape Tomatoes Fresh Fruit Craisins | 26 Chicken Ham, Turkey & Cheese Sandwich Mustard Three Bean Salad Baby Carrots Fresh Fruit Flavored Applesauce Goldfish Pretzels | 27 Popcorn Chicken Salad Breadstick Ranch Dressing Sweet Golden Corn Fresh Fruit 100% Fruit Juice Cheez-It Crackers | 28 All-American Salad Dinner Roll French Dressing Bell Pepper Strips Baby Carrots Fresh Fruit 100% Fruit Juice Belly Bear Grahams |
| 31 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Baby Carrots Grape Tomatoes Craisins 100% Fruit Juice Bug Bite Grahams | <div style="background-color: #800040; color: white; padding: 5px; 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 style="color: red; font-size: small;">*DO NOT attempt to cook or chop without adult supervision.</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 style="text-align: right;"><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 <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
 - Menu items do not contain pork
 - + Item does not contain meat
- *Menu Subject to Change*