



JANUARY 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Confetti Pancakes + Cheese Stick Baby Carrots Fresh Fruit	4 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Baby Carrots 100% Fruit Juice	5 Chicken Ham, Turkey & Cheese Sandwich Mayonnaise Three Bean Salad Fresh Fruit	6 Popcorn Chicken Salad Breadstick Ranch Dressing Sweet Golden Corn Flavored Applesauce	7 All-American Salad Dinner Roll French Dressing Potato Salad Craisins
10 Popcorn Chicken Pretzel Rod Ranch Dressing Sweet Golden Corn Grape Tomatoes Fresh Fruit	11 FUN PACK Pepperoni Slices Cheddar Cheese Cubes Mini Flatbread Potato Salad Baby Carrots Craisins	12 Turkey & Cheese Sub Mustard Three Bean Salad Fresh Fruit	13 Chicken Ham, Turkey & Cheese Sandwich Mayonnaise Sweet Golden Corn Bell Pepper Strips Fresh Fruit	14 Egg Chef Salad + Dinner Roll Ranch Dressing Fresh Celery 100% Fruit Juice Goldfish Pretzels
17 MARTIN LUTHER KING JR. DAY 	18 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Baby Carrots Fresh Fruit	19 Confetti Pancakes + String Cheese Baby Carrots 100% Fruit Juice	20 Chicken Ham & Cheese Sandwich Mayonnaise Three Bean Salad Flavored Applesauce	21 Popcorn Chicken Salad Dinner Roll Ranch Dressing Sweet Golden Corn Fresh Fruit Belly Bear Grahams
24 Cheese Sub Potato Salad Baby Carrots Fresh Fruit	25 Strawberry Splash Pancakes + String Cheese Baby Carrots Grape Tomatoes Craisins	26 Chicken Ham, Turkey & Cheese Sandwich Mustard Three Bean Salad Flavored Applesauce	27 Popcorn Chicken Salad Breadstick Ranch Dressing Sweet Golden Corn 100% Fruit Juice	28 All-American Salad Dinner Roll French Dressing Bell Pepper Strips Fresh Fruit
31 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Baby Carrots Grape Tomatoes 100% Fruit Juice	<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><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 

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*

This institution is an equal opportunity provider.

K-8 LEX



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