


Monday, Jan. 2	Tuesday, Jan. 3	Wednesday, Jan. 4	Thursday, Jan. 5	Friday, Jan. 6
	WG Bean and Cheese Burrito	Teriyaki Diced Chicken	Sloppy Joe	WG Macaroni and Cheese
	Taco Sauce	WG Brown Rice	WG Bun	Fresh Broccoli w/Ranch
New Years Day Observed	Steamed Diced Carrots	Romaine Salad w/Ranch	Vegetarian Baked Beans	<i>(Toddler) Steamed Calif Norm Veg</i>
	Canned Apple Slices	<i>(Toddler) Steamed Peas and Carrots</i>	Fresh Banana	Diced Pears
	1% Milk or Fat Free Milk	Diced Peaches	1% Milk or Fat Free Milk	1% Milk or Fat Free Milk
		1% Milk or Fat Free Milk		
Monday, Jan. 9	Tuesday, Jan. 10	Wednesday, Jan. 11	Thursday, Jan. 12	Friday, Jan. 13
WG Bosco Sticks	Meatloaf in Gravy	WG Pasta in Meat Sauce	Creamy Diced Turkey	Chicken Chow Mein
Marinara Sauce	WG Bread Slice	Romaine Salad w/Ranch	WG Bread Stick	WG Brown Rice
Fresh Carrot Sticks	Vegetarian Baked Beans	Pineapple Tidbits	Mashed Potatoes	Fresh Broccoli w/Ranch
Applesauce	Diced Pears	1% Milk or Fat Free Milk	Fresh Banana	Canned Apple Slices
1% Milk or Fat Free Milk	1% Milk or Fat Free Milk		1% Milk or Fat Free Milk	1% Milk or Fat Free Milk
Monday, Jan. 16	Tuesday, Jan. 17	Wednesday, Jan. 18	Thursday, Jan. 19	Friday, Jan. 20
Hamburger Patty on WG Bun	Chicken ala King	Goulash w/WG Pasta	Sweet and Sour Meatballs	Ranch Diced Turkey
American Cheese Slice	WG Brown Rice	Romaine Salad w/Ranch	WG Bread Slice	WG Bread Stick
Fresh Carrot Sticks	Steamed Peas and Carrots	Tropical Fruit	Fresh Broccoli w/Ranch	Mashed Potatoes
Vegetarian Baked Beans	Pineapple Tidbits	1% Milk or Fat Free Milk	Fresh Banana	Canned Apple Slices
1% Milk or Fat Free Milk	1% Milk or Fat Free Milk		1% Milk or Fat Free Milk	1% Milk or Fat Free Milk
Monday, Jan. 23	Tuesday, Jan. 24	Wednesday, Jan. 25	Thursday, Jan. 26	Friday, Jan. 27
Diced Chicken in Marinara	Creamy Swedish Meatballs	Turkey and WG Noodles	WG Cheese Pizza	Soft Shell Beef Taco on WG Tortilla
Shredded Mozz Cheese	WG Bread Slice	Fresh Broccoli w/Ranch	Steamed Diced Carrots	Shredded Cheddar Cheese
WG Bread Stick	Mashed Potatoes	Canned Apple Slices	Fresh Banana	Refried Beans/ Taco Sauce
Steamed Corn	Diced Pears	1% Milk or Fat Free Milk	1% Milk or Fat Free Milk	Romaine Salad w/Ranch
Applesauce	1% Milk or Fat Free Milk			1% Milk or Fat Free Milk
1% Milk or Fat Free Milk				
Monday, Jan. 30	Tuesday, Jan. 31		<h1 style="text-align: center; color: red;">January 2023</h1> <h2 style="text-align: center; color: red;">LSS Meals   School (K-12) Lunch Menu</h2>	
Beef Patty in Gravy	Ground Beef Potato Casserole			
WG Bread Slice	WG Bread Stick			
Vegetarian Baked Beans	Steamed Green Beans			
Steamed Peas and Carrots	Diced Peaches			
1% Milk or Fat Free Milk	1% Milk or Fat Free Milk			
<p>This menu meets CACFP and NSLP guidelines for nutrition and meal pattern. All grains are at least 51% whole grain, milk is provided with lunch meals. Unflavored whole milk is provided for children age 12 months to 2 years of age and low fat or fat free milk is provided for children above 2 years of age.</p>				<p>Menu is subject to change.</p> <p>Approved by Donna Dunlap RD, LD</p>