

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h2>3s &amp; 4s Lunch Menu</h2> <p>Served with 2% milk</p>				
LUNCH	<p><b>4</b></p> <p>½ c <b>Chili</b> 1 ½ oz MMA 1 Mini Corn Muffin (0.9 oz) ¼ c <b>Spinach</b> or ½ c <b>Spinach Salad</b> w/ Ranch ¼ <b>Pears</b> ¾ c Milk</p> <p><i>Veg: ¾ c Vegetarian Chili</i></p>	<p><b>5</b></p> <p><u>Morocco</u> 2 oz Moroccan Chicken ¼ c Vegetable ¼ c Curried Couscous ¼ c <b>Cantaloupe</b> ¾ c Milk</p> <p><i>Veg: 3/8 c Moroccan Chickpeas</i></p>	<p><b>6</b></p> <p><u>Swedish Lunch</u> 3 Swedish Meatballs (2 oz MMA) in Gravy ½ c <b>WG Rice &amp; Beets</b> ¼ c <b>Pineapple</b> ¾ c Milk</p> <p><i>Veg: ½ c Vegetarian Baked Beans</i></p>	<p><b>7</b></p> <p>¼ c Chicken Alfredo w ¼ c A <b>WG</b> Twist ½ c <b>Shredded Kale</b> Salad with Italian ¼ c <b>Apple</b> Slices ¾ c Milk</p> <p><i>Veg: 3 Dr Praeger's Chix Nuggets 1.5oz m/ma w Alfredo Sauce and ¼ c Rotini</i></p>	<p><b>8</b></p> <p>1 Cheese Manicotti w Tomato Basil Sauce • 1 ½ oz Cheese, 2 oz <b>WG</b> Grain (2.75 oz) ¼ c <b>Broccoli</b> w/ Veggie Dip ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p><b>11</b></p> <p><u>Japan</u> 2 oz Teriyaki Chicken ¼ c <b>WG</b> Rice ¼ c Asian Succotash (Baby Corn, Lima Beans, Tomato) ¼ c <b>Pineapple</b> ¾ c Milk</p> <p><i>Veg: 3 Dr Praeger's Chix Nuggets w Teriyaki Sauce</i></p>	<p><b>12</b></p> <p>½ c Beef Picadillo #8 ¼ c <b>WG</b> Rice (½ oz Grain) <small>1 ½ oz Meat</small> ½ c <b>Spinach Salad</b> w Creamy Italian ¼ c <b>Pears</b> ¾ c Milk</p> <p><i>Veg: Bean Piccadillo</i></p>	<p><b>13</b></p> <p><u>Breakfast for Lunch</u> 3 Turkey Sausage Bites 2 <b>WG</b> Pancake (2.28 oz) w Lite Syrup ¼ c <b>Creamed Spinach &amp; Greens</b> ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk</p> <p><i>Veg: ½ c Yogurt &amp; 1 oz String Cheese</i></p>	<p><b>14</b></p> <p>2 oz Beef Patty 1 <b>WG</b> Bun ¼ c Glazed <b>Carrots</b> ¼ c <b>Cantaloupe</b> ¾ c Milk</p> <p><i>Veg 3/8 c Barbecue Kidney Beans w ½ <b>WG</b> w Pita</i></p>	<p><b>15</b></p> <p>5/8 c Seasoned <b>Red Beans &amp; WG</b> Rice • 3/8 c <b>Beans</b>; ¼ c <b>Rice</b> ¼ c <b>Broccoli</b> w Italian Dressing ½ <b>Apple</b> ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p><b>18</b></p> <p><b>MARTIN LUTHER KING DAY</b></p> <p><b>NO SCHOOL</b></p>	<p><b>19</b></p> <p>¼ c Turkey Sloppy Joe 1 oz <b>WG</b> Bun ¼ c <b>Creamed Spinach &amp; Greens</b> ½ <b>Apple</b> ¾ c Milk</p> <p><i>½ c Bean Sloppy Protein Joe (1.5 oz m/ma)</i></p>	<p><b>20</b></p> <p><u>China</u> ¼ c Stir Fried Beef ¼ c <b>WG</b> Rice ¼ c <b>Broccoli</b> &amp; Ranch Dip ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk</p> <p><i>Veg: ½ c Stir Fried Tofu</i></p>	<p><b>21</b></p> <p>1 Oven Fried Chicken Leg (2 oz MMA) ¼ c <b>Coin Carrots</b> 1 Mini Corn Muffin (0.9 oz) ¼ c <b>Peaches</b> ¾ c Milk</p> <p><i>Veg: 3 Dr Praeger's Chix Nuggets 2 oz m/ma alt. ½ Cheese Sandwich, 4 oz Yogurt 1 ½ oz m/ma</i></p>	<p><b>22</b></p> <p>½ c <b>WG</b> Macaroni &amp; Cheese • ¼ oz Cheese; ¼ c <b>WG</b> Noodles ½ oz 3/8 c Vegetarian <b>Baked Beans</b> ½ c <b>Spinach</b> Salad w Italian ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p><b>25</b></p> <p>½ c Arroz con Pollo ¼ c <b>Vegetables</b> (Bell Pepper, Onion Tomatoes) ¼ c <b>WG</b> Rice ¼ c <b>Mandarin Oranges</b> ¾ c Milk</p> <p><i>Veg: 3 Dr Praeger's Chix Strips con Pollo w Rice</i></p>	<p><b>26</b></p> <p>2 oz Meatloaf &amp; Gravy 1 oz <b>WG</b> Roll ¼ c <b>Broccoli</b> &amp; Ranch Dip ¼ c Roasted Potatoes ¾ c Milk</p> <p><i>Veg: ½ c Hummus, ½ <b>WG</b> Pita (No Roll)</i></p>	<p><b>27</b></p> <p><u>Asian</u> 2 oz Honey Glazed Chicken (1.5 oz MMA) ¼ c Asian <b>WG</b> Brown Rice ¼ c Stir Fried <b>Bok Choy &amp; Carrots</b> ¼ c <b>Cantaloupe</b> ¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Dr Praeger's Chix Nuggets (1.5 M/MA)</i></p>	<p><b>28</b></p> <p>½ c Beef &amp; <b>WG</b> Macaroni Pasta Bake #8 2 oz Beef, ¼ c <b>WG</b> Noodles(½ oz) ½ c <b>Field Green Salad</b> w Ranch ¼ c <b>Honeydew</b> ¾ c Milk</p> <p><i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i></p>	<p><b>29</b></p> <p>½ c <b>Bean</b> Burrito Bowl ¼ c Cilantro <b>WG</b> Rice ¼ c Pico de Gallo 1 TBSP Cheese ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>