

# Menands School Lunch Menu - January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL NEW YEARS DAY	2 Popcorn Chicken <u>OR</u> Tky Sausage Egg&Cheese Celery Sticks w/ Ranch Green Beans Cinnamon Applesauce	3 Cheeseburger <u>OR</u> Turkey BLT Wrap Roasted Cauliflower Carrots Pears	4 Turkey & Gravy <u>OR</u> Jerk Chicken Wrap WG Biscuit Mashed Potatoes Mixed Veggies/Peaches	5 Sheet Pizza <u>OR</u> Fish Sticks Tossed Salad Chickpea Salad Grape Juice
8 French Toast Sticks w/ Turkey Sausage <u>OR</u> Egg Salad Sandwich Tater Tots/Green Beans Pineapple	9 Sweet Chili Chicken <u>OR</u> Pulled Pork Sandwich Brown Rice/Broccoli Stir Fry Veggies Mandarin Oranges	10 Oven Roasted Chicken <u>OR</u> Fish Sandwich WG Biscuit/Peas Sweet Potato Mashers Orange Juice	11 Rotini & Meatballs <u>OR</u> Chicken Caesar Wrap Braised Kale Roasted Chickpeas Mango-Peach Applesauce	12 French Bread Pizza <u>OR</u> Hot Bologna&Cheese Celery Sticks and Carrots w/ Ranch Raisins
15 NO SCHOOL MARTIN LUTHER KING JR. DAY	16 Turkey Tacos <u>OR</u> Curry Chicken Wrap Black Beans Corn Pears	17 Chicken Tenders <u>OR</u> Tky Sausage Egg&Cheese Roasted Cauliflower Carrots Peaches	18 <b>Parents Welcome</b> Mini Twin Cheeseburgers <u>OR</u> Grilled Ham&Cheese Curly Fries Green Beans Mandarin Oranges	19 Stuffed Crust Pizza <u>OR</u> Turkey BLT Wrap Tossed Salad Sweet Potato Fries Grape Juice
22 Chicken Fajita <u>OR</u> Beef&Bean Burrito Brown Rice/Carrots Broccoli Pineapple	23 Grilled Cheese <u>OR</u> Pulled Pork Grilled Cheese Tomato Soup Chickpea Salad Cinnamon Applesauce	24 Chicken Patty <u>OR</u> Sloppy Joe Oven Fries Green Beans Apple Juice	25 Turkey Hot Dog <u>OR</u> Cuban Sandwich BBQ Black Beans Corn Raisins	26 Cheese Pizza <u>OR</u> Egg Salad Wrap Celery Sticks and Carrots w/ Ranch Pears
29 Chicken Quesadilla Pizza <u>OR</u> Jerk Chicken Wrap Black Beans Corn Peaches	30 Teriyaki Chicken <u>OR</u> Chicken Salad Wrap Brown Rice/Broccoli Stir Fry Veggies Mandarin Oranges	31 Popcorn Chicken <u>OR</u> Turkey BLT Wrap Tater Tots Carrots Orange Juice		

Student Lunch  
\$2.25  
Adult Lunch  
\$3.50 + tax  
Milk \$.60  
Menu subject  
to change

Available Daily:  
Veggie Burger

Chef Salad

PBJ or  
Cheese Sandwich

Fresh Fruit or  
100% Fruit Juice

Fat-free Chocolate  
or Strawberry,  
Skim, or 1% Milk

Don't forget to sign up for Myschoolbucks.com -  
Online credit/debit payments, monitor account balance,  
and email low-balance notifications.

Please contact Michael Tehan (Head Cook) with any  
questions or concerns - 465-4561 ext. 110  
or mtehan@menands.org