January 22’ Rotating Menu

**Monday**

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| **A grid with small circlesChicken Parmesan Sandwich – 1 patty each****WG Bun-1 each****Seasoned Broccoli- 1/2 cup** **Fresh Apple-1 each****Skim Milk – 8 fl. oz.** | **TACO TUESDAY****Beef- 2.5 oz****WG taco shells- 2 each****CA Blend veg.- 1/2 cup** **Clementine-1 each****Skim Milk – 8 FL oz** | **A grid with small circlesBoneless Chicken Wings-(7 each)****Hot sauce packet-(1 each)****Celery or Carrots- 1/2 cup** **Grapes- 1/2 cup****WG Roll-1 each****Skim Milk – 8 fl. Oz.** | **Philly Cheese****Cheese -1 slice****WG Bun-1 each****Side salad OR Baby carrots- ½ cup****Ranch dressing- 1 packet****Clementine- 1 each****Skim Milk – 8 fl. Oz.** | **A grid with small circlesWhite Turkey Chili****WG goldfish crackers** **Seasoned corn - 1/2 cup****Banana- 1 each****Skim Milk – 8 fl. Oz.** |
| **Sloppy Joe** **WG Bun- 1 each****Potato Wedges -1/2 cup** **Clementine- 1 each****Skim Milk – 8 fl. Oz.** | **Creamy Chicken & Noodles****WG Pasta -1/2 cup** **Crinkle Cut carrots - 1/2 cup****Fresh Grapes - 1/2 cup** **Skim Milk – 8 fl. Oz.** | **Beef Tips & Gravy****WG Rice - 1/2 cup** **CA Blend- 1/2 cup****Clementine- 1 each****Skim Milk – 8 fl. Oz.** | **Buffalo Chicken Enchilada Dip****WG Tortilla chips- 11 chips****Seasoned corn- ½ cup** **Banana- 1 each****Skim Milk – 8 fl. Oz.** | **Handmade Meatballs- 2 each****WG Pasta -½ cup****Side salad OR****Seasoned Broccoli- ½ cup** **Apple - 1 each****Skim Milk – 8 fl. Oz.** |
| A pine tree with snowflakes**Beef Lasagna****Fresh side salad OR** **Baby carrots- 1/2 cup****Fresh grapes- 1/2 cups****Skim Milk – 8 fl. Oz.** | **TACO TUESDAY****Chicken****WG Tortilla– 2 each****CA Blend - ½ cup****Clementine- 1 each****Skim Milk – 8 fl. Oz.** | **Pulled BBQ Beef** **WG Bun-1 each****Smashed Potatoes- ½ cup****Gravy- 1 FL oz****Banana- 1 each****Skim Milk – 8 fl. Oz.** | **Sweet N Sour Chicken****WG Rice - ½ cup****Seasoned Stir Fry veggies- ½ cup****Apple- 1 each****Skim Milk – 8 fl. Oz.** | **BBQ Smoked Turkey Sausage** **(1 each)****Ketchup x2, Mustard x1****WG Bun- 1 each****Seasoned Curly Fries- ½ cup****Clementine – 1 each** **Skim Milk – 8 fl. Oz.** |
| **Rotisserie Drumstick- 1 each****WG Roll – 1 each****Green Beans – ½ cup** **Clementine- 1 each****Skim Milk – 8 fl. oz.** | **Beef Fajitas** **WG Tortilla– 2 each****Seasoned Corn – ½ cup** **Banana- 1 each****Skim Milk – 8 fl. oz.** | **Crispy Chicken Sandwich- 1 each****WG Bun- 1 each****Waffle Fries****Ketchup packet- 1 each****Hot sauce packet- 1 each****Apple- 1 each****Skim Milk – 8 fl. oz.** | **Cheeseburger- 1 each****WG Bun- 1 each****Potato Wedges -½ cup****Ketchup x2, mustard, mayo****Clementine- 1 each****Skim Milk – 8 fl. oz.** | **Chicken Nachos****WG Tortilla chips - 11 chips****Seasoned Broccoli– ½ cup** **Grapes- ½ cup****Skim Milk – 8 fl. oz.** |

**Tuesday**

**Wednesday**

**Thursday**

Ages: 6-18

**Friday**