

# LUNCH MENU

## January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Beef and Cheese Empa- nadas, Steamed Corn, Fruit, Milk Variety	4 Cheese Ravioli with Homemade Meat Sauce, Roasted Broccoli, Fruit, Milk Variety	5 Chicken Sandwich on a Costanzo Roll, Steamed Green Beans, Fruit, Milk Variety	6 BBQ Roasted Chicken, Braised Greens, Roast- ed Potatoes, Fruit, Milk Variety
9 Chicken Finger Sub, Lettuce and Tomato, Carrot Sticks, Fruit, Milk	10 Beef Taco on Flour Tor- tilla Shell, Corn, Steamed Rice, Beans, Fruit, Milk Variety	11 Chicken Alfredo, Steamed Green Beans, Fruit, Milk Variety	12 Grilled Cheese, Toma- to Soup, Roasted Cau- liflower, Fruit, Milk Variety	13 Steak and Cheese Hoagie with Peppers and Onions, French Fries, Fruit, Milk
16 No School Martin Luther King Jr Day	17 Half Day for Students Staff Development Day (Burgers)	18 Sweet and Sour Chicken, Broccoli, Rice, Vegetable Eggroll, Fruit, Milk Variety	19 Chicken Fingers , Mac- aroni and Cheese, Roaste Cauliflower, Fruit, Milk Variety	20 Nachos with Meat and Cheese Sauce, Steamed Corn, Fruit, Milk
23 Beef Burger on Cos- tanzo Roll, French Fries, Pickle, Fruit, Milk Variety	24 Chicken and Waffles, Roasted Sweet Pota- toes, Syrup, Fruit, Milk Variety	25 Spaghetti with Home- made Meat sauce., Gar- lic Breadstick, Roasted Broccoli, Fruit, Milk Vari- ety	26 Roasted Chicken, Braised Greens with Smoked Turkey, Roasted Potatoes, Fruit, Milk Variety	27 Pizza with Turkey Pep- peroni, Garden Salad, Fruit, Milk Variety
30 Chicken Finger Sub, Lettuce and Tomato, Carrot Sticks, Fruit, Milk	31 Cheese Ravioli and Meat Sauce, Roasted Broccoli, Fruit, Milk Variety	1 Chicken Alfredo, Steamed Green Beans, Fruit, Milk Variety	2 Grilled Cheese, Toma- to Soup, Roasted Cau- liflower, Fruit, Milk Variety	3 Beef and Cheese Taco on Flour Tortilla, Corn, Steamed Rice, Beans, Fruit, Milk Variety

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.