

January Lunch Menu

ISLA

MENU KEY

Lunch Price: \$3.05

Milk: \$0.55

Ω Contains Pork

∇ Meatless Item

🌱 Locally Grown – Farm 2 School

Salad Greens Will Include

Romaine Lettuce or Spinach

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Winter Break	3 No School Winter Break	4 No School Winter Break	5 No School Winter Break	6 No School Winter Break

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main Lunch Entrée</u> 9 BBQ Chicken Sandwich Applesauce Sweet Potato Wedges Milk	<u>Main Lunch Entrée</u> 10 Turkey N' Gravy Dynamite Melon Pieces Mashed Potatoes & Gravy Whole Wheat Roll Milk	<u>Main Lunch Entrée</u> 11 Italian Meatball Sub Oranges Italian Mixed Green Salad Milk	<u>Main Lunch Entrée</u> 12 Italian Cheese Pizza ∇ Mixed Fruit Edamame Milk	<u>Main Lunch Entrée</u> 13 Chicken Burrito Warm Cinnamon Apples Refried Beans Milk

Monday	Tuesday	Wednesday	Thursday	Friday
16 No School Martin Luther King Day	<u>Main Lunch Entrée</u> 17 <u>Late Start</u> Fish Nuggets ∇ Oranges Southern Green Beans Milk	<u>Main Lunch Entrée</u> 18 Cheesy Bread ∇ w/ Marinara Sauce Mango Pieces Brussels Sprouts Milk	<u>Main Lunch Entrée</u> 19 Teriyaki Chicken Drumsticks w/ Brown Rice Plump Pears Roasted Butternut Squash Milk	<u>Main Lunch Entrée</u> 20 Cheesburger on Whole Wheat Bun Mixed Fruit Calico Beans Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main Lunch Entrée</u> 23 Maui Island Teriyaki Chicken Sandwich Pineapple Rings Steamed Carrots Milk	<u>Main Lunch Entrée</u> 24 Chili w/ Toppings Orange Wedges Green Pepper Rings Honey Corn Bread Milk	<u>Main Lunch Entrée</u> 25 Homemade Baked Lasagna Perfect Pears Caesar Salad Whole Grain Bread Stick Milk	<u>Main Lunch Entrée</u> 26 Sweet & Sour Chicken w/ Brown Rice Pineapple & Mandarin Oranges Sugar Snap Peas Whole Wheat Roll Milk	<u>Main Lunch Entrée</u> 27 Beef Nachos w/ Toppings Juicy Peaches Black Beans Spanish Rice Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Main Lunch Entrée</u> 30 BBQ Chicken Sandwich Applesauce Sweet Potato Wedges Milk	<u>Main Lunch Entrée</u> 31 Turkey Supreme Dynamite Melon Pieces Mashed Potatoes & Gravy Whole Wheat Roll Milk	<u>Main Lunch Entrée</u> 1 Italian Meatball Sub Oranges Italian Mixed Green Salad Milk	<u>Main Lunch Entrée</u> 2 Cheese Stuffed Breadsticks w/ Marinara Sauce ∇ Mixed Fruit Edamame Milk	<u>Main Lunch Entrée</u> 3 Chicken Burrito Warm Cinnamon Apples Refried Beans Milk



Did You Know?

An item or food that is ring-shaped is thought to bring good luck. This symbolizes "coming full circle", which is what one year does. Some cultures eat ring-like food through the evening and through the night to ensure that good luck will be bestowed upon everyone who eats.

Menus are subject to change based on availability of product.

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