

MS Menu January 2023

6-8 Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Welcome
Back

Chicken Parmesan³
Grilled Cheese
Sandwich
Tomato Soup ½ c
Broccoli ½ c
Mixed Fruit ½ c
Assorted Fresh Fruit ½ c

Cuban Sandwich⁴
Hot Dog
Sweet Potato Fries ½ c
Pinto Beans ½ c
Diced Peaches ½ c
Assorted Fresh Fruit ½ c

Spaghetti w/ Meat⁵
Sauce
Cheeseburger/
Hamburger
Peas ½ c
Carrots ½ c
Rosy Applesauce ½ c
Assorted Fresh Fruit ½ c

Veggie & Chicken⁶
Flatbread
Spicy Chicken
Sandwich
Garden Salad 1 c
Roasted Zucchini ½ c
Sliced Pears ½ c
Assorted Fresh
Fruit ½ c

Pancakes⁹
with Cheesy Eggs
Chicken Nuggets/Roll
Tater Tots ½ c
Carrots ½ c
Diced Peaches ½ c
Assorted Fresh Fruit ½ c

Lemon Pepper¹⁰
Chicken
Cheeseburger or
Hamburger
1 serving
Patatas Bravas ½ c
Broccoli ½ c
Pineapple Tidbits ½ c
Assorted Fresh Fruit ½ c

Bacon¹¹
Cheeseburger
Corn Dog
Roasted Butternut
Squash ½ c
Mixed Vegetables ½ c
Applesauce ½ c
Assorted Fresh Fruit ½ c

Caribbean Jerk¹²
Pulled Pork
Sandwich
Cheese Quesadilla
Baked Beans ½ c
French Fries ½ c
Pineapple Tidbits ½ c
Assorted Fresh Fruit ½ c

Country Chicken¹³
Bowl
Chicken Patty
Sandwich
Garden Salad 1 c
Italian Vegetables ½ c
Sliced Pears ½ c
Assorted Fruit ½ c

No School

Teriyaki Chicken¹⁷
Bowl
Hot Dog
Roasted Sweet Potatoes
½ c
Mix Vegetable Blend ½ c
Diced Peaches ½ c
Assorted Fresh Fruit ½ c

Bean & Cheese¹⁸
Burrito
Cheeseburger or
Hamburger
Corn ½ c
Broccoli ½ c
Pineapple Tidbits ½ c
Assorted Fresh Fruit ½ c

Lemon Pepper¹⁹
Chicken
Grilled Cheese
Sandwich
WG Dinner Roll 1 ea
Patatas Bravas ½ c
Mashed Potatoes ½ c
Mixed Fruit ½ c
Assorted Fresh Fruit ½ c

Freshly Made²⁰
Cheese or
Pepperoni Pizza
Spicy Chicken
Sandwich
Garden Salad 1 c
Roasted Cauliflower ½ c

French Toast Sticks²³
with Cheesy Eggs
Chicken
Nuggets/Roll
Carrots ½ c
Tater Tots ½ c
Diced Pears ½ c
Assorted Fresh Fruit ½ c

Stacked Taco Bake²⁴
Cheeseburger or
Hamburger
Pinto Beans ½ cup
Roasted Street Corn ½ c
Pineapple Tidbits ½ c
Assorted Fresh Fruit ½ c

Sweet & Sour²⁵
Chicken
Corn Dog
Cucumber ½ c
Green Beans ½ c
Applesauce ½ c
Assorted Fresh Fruit ½ c

Baked Potato Bar²⁶
Cheese Quesadilla 1 ea
Broccoli ½ c
Mixed Vegetable ½ c
Diced Peaches ½ c
Assorted Fresh Fruit ½ c

Ham & Cheese²⁷
Stromboli
Chicken Patty
Sandwich
Garden Salad 1 c
Carrots ½ c
Mixed Fruit ½ c
Assorted
Fresh Fruit ½ c

Penna Pomodoro³⁰
1 serving
Peas & Carrots ½ c
Celery Sticks ½ c
Pineapple Tidbits ½ c
Assorted Fresh Fruit ½ c
ALT: cheeseburger

Chicken parmesan³¹
1 serving
Black bean & corn
salad ½ c
Tomato Wedge ½ c
Assorted Fresh Fruit
½ c
Fruit Cocktail ½ c
ALT: Chicken Nuggets

Assorted Salads and Sandwiches are
Served Daily

Key: BeWell Healthy Option Vegetarian (Ovo-Lacto) Local Fresh Picks