

JANUARY 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
LUNCH	Mac 'n Cheez	Chicken Quesadillas Black Bean Quesadillas	Grilled Cheese	Roast Beef or Turkey Subs Cheese Subs	Spaghetti with Meat or Tomato Sauce
	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable
	Salad	Salad	Salad	Salad	Salad
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water
	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available
SPECIAL INFO					
	10	11	12	13	14
LUNCH	Hot Dogs Veggie Dogs	Black Beans & Rice w/ Tortillas, Fresh Salsa, Sour Cream	Hamburgers Veggie Burgers	Chicken Teriyaki Tofu Teriyaki	Pizza Pepperoni, Cheese, White, and Veggie
	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable
	Salad	Salad	Salad	Salad	Salad
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water
	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available
SPECIAL INFO					
	17	18	19	20	21
LUNCH	MLK DAY	Black Bean Enchiliada Torta	Chicken Noodle Casserole Vegetable Noodle Casserole	Cajun Beans & Rice w/ Kielbasa Cajun Beans & Rice	Spaghetti with Meat or Tomato Sauce
	NO SCHOOL	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable
		Salad	Salad	Salad	Salad
		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
		Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water
		Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available
SPECIAL INFO					
	24	25	26	27	28
LUNCH	Cottage Pie Vegetarian Cottage Pie	Grilled Cheese	Turkey Subs Cheese Subs	Cubanos Vegetarian Cubanos	Professional Development NO SCHOOL FOR STUDENTS
	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable	Seasonal Vegetable	
	Salad	Salad	Salad	Salad	
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	Milk/Juice/Water	
	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available	Gfree/Vegan Options Available	
SPECIAL INFO		ENG REGENTS (AM)/CREDIT RECOVERY	CREDIT RECOVERY	CREDIT RECOVERY	
	31				
LUNCH	Cheesy Broccoli Chicken Bake Cheesy Broccoli Bake				
	Seasonal Vegetable				
	Salad				
	Fresh Fruit				
	Milk/Juice/Water				
	Gfree/Vegan Options Available				
SPECIAL INFO					