

January 2022
 MA Region Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Hamburger on Whole Grain Bun Seasoned Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	4 Whole Grain Chicken Nuggets Dinner Roll (9-12 only) Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	5 Chicken Alfredo with Whole Grain Pasta Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	6 Beef Hot Dog Baked Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	7 Asian Stir-Fried Noodles with Chicken with Cabbage & Broccoli Assorted Fruit Skim/1% Milk
10 Cheese Pizza Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	11 BBQ Chicken Sandwich Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	12 Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Black Bean Salad (1/2 cup) Assorted Fruit Skim/1% Milk	13 Roast Chicken with Gravy Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	14 Chicken Parmesan with Pasta & Marinara Sauce Roasted Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk
17 No School	18 Beef Hot Dog Tater Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	19 Pasta with Meat Sauce <i>Citrus Spiced Green Beans</i> (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	20 Chicken Patty Sandwich Roasted Cauliflower (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	21 Teriyaki Chicken with Broccoli & Carrots (1 cup) Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk
24 Cheese Pizza Green Beans (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	25 Whole Grain Chicken Nuggets Sweet Potato Fries/Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	26 Chili Mac & Cheese Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk	27 Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Black Bean Salad (1/2 cup) Assorted Fruit Skim/1% Milk	28 Chicken Broccoli Pasta Bake with Whole Grain Pasta Seasoned Carrots (1/2 cup) Assorted Fruit Skim/1% Milk
31 BBQ Chicken Sandwich Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk				

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change