



# JANUARY 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Deep Dish Galaxy Cheese Pizza +</b> Emoticon Fries / Ketchup Fresh Fruit	<b>4</b> <b>All American Cheese Melt +</b> Steamed Green Beans 100% Fruit Juice	<b>5</b>  <b>Rotini with Meatballs</b> Steamed Broccoli Fresh Fruit	<b>6</b> <b>Hot Diggity Dog</b> Ketchup BBQ Black Beans Flavored Applesauce	<b>7</b> <b>Salisbury Steak with Gravy / Egg Noodles</b> Steamed Carrots Craisins
<b>10</b> <b>BBQ Meatball Sub</b> Steamed Green Beans Fresh Fruit	<b>11</b> <b>Cheesy Flatbread +</b> Steamed Broccoli Craisins	<b>12</b> <b>Cheeseburger</b> Ketchup Baked Beans + Baby Carrots Fresh Fruit	<b>13</b> NEW <b>Southwest Chicken &amp; Rice Bowl</b> Sweet Golden Corn Fresh Fruit	<b>14</b> <b>Pizza Crunchers +</b> Steamed Carrots Spinach Salad / French Dressing 100% Fruit Juice
<b>17</b> <b>MARTIN LUTHER KING JR. DAY</b> 	<b>18</b> <b>French Toast Sticks</b> Poultry Sausage Tater Tots / Ketchup Fresh Fruit	<b>19</b> <b>Pizza Dippers +</b> Pizza Dipping Sauce Steamed Carrots 100% Fruit Juice	<b>20</b> <b>Chicken Tenders</b> Breadstick / BBQ Sauce Steamed Broccoli Flavored Applesauce	<b>21</b> NEW <b>Korean Meatballs</b> Brown Rice Black Beans Fresh Fruit
<b>24</b> <b>Italian Cheese &amp; Garlic Cheesy Pull Aparts +</b> Pizza Dipping Sauce Steamed Mixed Vegetables Fresh Fruit	<b>25</b> <b>Chicken Mashed Potato Bowl</b> Steamed Broccoli Craisins	<b>26</b> <b>Hot Diggity Dog</b> Ketchup Sweet Potato Fries Flavored Applesauce	<b>27</b> <b>Soft Tacos</b> Taco Sauce Refried Beans + Tossed Salad / Ranch Dressing 100% Fruit Juice	<b>28</b> <b>Cheesy Flatbread +</b> Sweet Golden Corn Fresh Fruit
<b>31</b> <b>Chicken Nuggets</b> Pretzel Rod / BBQ Sauce Steamed Carrots 100% Fruit Juice	<div style="background-color: #800040; color: white; padding: 5px; text-align: center;"> <b>CHALLENGE OF THE MONTH: CABBAGE COLOR KIT</b> </div> <p><b>DIRECTIONS:</b> Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.</p> <p style="color: red; font-size: small;">*DO NOT attempt to cook or chop without adult supervision.</p>			
		<b>MATERIALS:</b> White clothes to dye 1 large pot 1 strainer 2 cups of chopped red cabbage 5 cups of water		Choose one or the other: 2 tablespoons of apple cider vinegar for purple OR 1 teaspoon of baking soda for blue



## Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
  - Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
  - Nutrition and allergen information available at [www.FSPro.com](http://www.FSPro.com)
  - Menu items do not contain pork
  - + Item does not contain meat
- \*Menu Subject to Change\*

This institution is an equal opportunity provider.



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