
















































# LUNCH MENU

FROM MONDAY, DECEMBER 16, 2024 TO FRIDAY, DECEMBER 20, 2024

	MONDAY December 16	TUESDAY December 17	WEDNESDAY December 18	THURSDAY December 19	FRIDAY December 20
MAIN ENTRÉE	 Three Cheese Baked Pasta  	Sweet Carolina BBQ Chicken  Whole Wheat Bread  	Turkey Tacos   Flour Tortillas  	Holiday Meal: Roasted Turkey with Gravy     Whole Wheat Bread  	 Brunch for Lunch: Pancakes     Chicken Sausage
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES ¾ C	 Steamed Peas & Carrots	 Steamed Green Beans	 Steamed Corn	 Mashed Potatoes 	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK 1 C	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 	Low-fat & Fat-free 








































 Vegetarian  Vegan  Gluten  Egg  Soy  Dairy

We offer Sunflower Butter and Jelly Sandwiches and Cheese Sandwiches on Whole Wheat Bread Daily.  
 We serve beans weekly, up to 3/4 cup per week.  
 This institution is an equal opportunity provider.

non-vegetarian

# LUNCH MENU

FROM MONDAY, JANUARY 6, 2025 TO FRIDAY, JANUARY 10, 2025







































	MONDAY January 6	TUESDAY January 7	WEDNESDAY January 8	THURSDAY January 9	FRIDAY January 10
MAIN ENTRÉE	 Mac & Cheese  	Sweet and Sour Chicken Over Rice  	 Brunch For Lunch: Pancakes    	Chicken Tenders  	 Cheese Pizza   
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES	 Steamed Carrots & Peas	 Steamed Green Beans	 Breakfast Potatoes  Beans - (Salad Bar)	 Mashed Potatoes   Beans - (Salad Bar)	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free

 Vegetarian  Vegan  Gluten  Egg  Soy  Dairy

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# LUNCH MENU

FROM MONDAY, JANUARY 13, 2025 TO FRIDAY, JANUARY 17, 2025




































	MONDAY January 13	TUESDAY January 14	WEDNESDAY January 15	THURSDAY January 16	FRIDAY January 17
MAIN ENTRÉE	 Baked Ziti  	Herb Roasted Latin Chicken with Roasted Potatoes   Whole Wheat Bread  	Italian Beef Meatballs with Penne    	Turkey Tacos    Flour Tortillas  	Chicken Fried Rice  
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES	 Roasted Carrots	 Steamed Green Beans	 Steamed Broccoli  Beans - (Salad Bar)	 Steamed Corn  Beans - (Salad Bar)	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free

 Vegetarian  Vegan  Gluten  Egg  Soy  Dairy

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# LUNCH MENU

FROM TUESDAY, JANUARY 21, 2025 TO FRIDAY, JANUARY 24, 2025

	TUESDAY January 21	WEDNESDAY January 22	THURSDAY January 23	FRIDAY January 24
MAIN ENTRÉE	 Penne Pasta with Marinara & Cheese   	 Brunch For Lunch: Waffles    	Sweet Carolina BBQ Chicken  Whole Wheat Bread  	 Cheese Pizza   
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES	 Steamed Carrots & Peas	 Breakfast Potatoes  Beans - (Salad Bar)	 Sweet Potato Fries   Beans - (Salad Bar)	 Vegetable Medley
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
MILK	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free

 Vegetarian  Vegan  Gluten  Egg  Soy  Dairy

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