






































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	 Cheese Pizza   
		 Chicken Sausage	 Whole Wheat Bread  	
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	 Sweet Potato Fries   Beans	 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

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 27, 2025 TO FRIDAY, JANUARY 31, 2025

	MONDAY January 27	TUESDAY January 28	THURSDAY January 30
MAIN ENTRÉE	 Bowtie Pasta with Tomato Cream Sauce & Cheese   	Teriyaki Turkey Meatball Lo Mein    	Chicken Burrito Bowl with Rice 
VEGETARIAN ENTRÉE	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES	 Roasted Carrots	 Steamed Broccoli	 Steamed Green Beans  Beans
FRUIT	Fresh fruit	Fresh fruit	Fresh fruit
MILK	Low-fat & Fat-free	Low-fat & Fat-free	Low-fat & Fat-free












































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non-vegetarian

LUNCH MENU

FROM MONDAY, FEBRUARY 3, 2025 TO FRIDAY, FEBRUARY 7, 2025




































	MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
MAIN ENTRÉE	 Mac & Cheese  	Sweet and Sour Chicken Over Rice  	 Brunch For Lunch: Pancakes    	Chicken Tenders    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   	Sunflower Butter & Jelly Sandwiches + Cheese Sandwiches   
VEGETABLES	 Steamed Carrots & Peas	 Steamed Green Beans	 Breakfast Potatoes   Beans	 Mashed Potatoes   Beans	 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, FEBRUARY 10, 2025 TO FRIDAY, FEBRUARY 14, 2025







































	MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
MAIN ENTRÉE	 Baked Ziti  	Herb Roasted Latin Chicken with Roasted Potatoes  Whole Wheat Bread  	Italian Turkey 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   
VEGETABLES	 Roasted Carrots	 Steamed Green Beans	 Steamed Broccoli  Beans	 Steamed Corn  Beans	 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, FEBRUARY 24, 2025 TO FRIDAY, FEBRUARY 28, 2025

	MONDAY February 24	TUESDAY February 25	WEDNESDAY February 26	THURSDAY February 27	FRIDAY February 28
MAIN ENTRÉE	 Bowtie Pasta with Tomato Cream Sauce & Cheese   	Teriyaki Turkey Meatball Lo Mein    	Beef Hot Dogs  Whole Wheat Buns  	Chicken Burrito Bowl with Rice 	Turkey Chili  Whole Wheat Bread  
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 Broccoli	 French Fries   Beans	 Steamed Green Beans  Beans	 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

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