

January 2022

Mid-Atlantic Regional Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>4</p> <p>Chicken Nuggets Dinner Roll (9-12 only) Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>5</p> <p>Teriyaki Chicken with Broccoli & Carrots Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>6</p> <p>Beef Hamburger on Whole Grain Bun Sweet Potato Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>7</p> <p>Turkey Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Pinto Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>
<p>10</p> <p>Mini Corn Dogs Cheesy Breadstick (K-8: 1; 9-12: 2) Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>11</p> <p>Chicken Parmesan with Marinara Sauce with Whole Grain Pasta Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>12</p> <p>BBQ Chicken Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>13</p> <p>Roasted Chicken with Gravy Chef Choice: Cornbread OR Brown Rice Mashed Potatoes & Green Beans (1/2 cup each) Assorted Fruit Skim/1% Milk</p>	<p>14</p> <p>Arroz Con Pollo Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>
<p>17</p> <p>No School</p>	<p>18</p> <p>Chicken Patty Sandwich Sweet Potato Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>19</p> <p>Pasta with Meat Sauce Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>20</p> <p>Teriyaki Chicken Sandwich Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>21</p> <p>Hot Dog on Whole Grain Bun <i>Citrus Spiced Green Beans</i> (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>24</p> <p>Cheese Pizza Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>25</p> <p>Jerk Chicken Red Rice (K-8: 3/4 cup; 9-12: 1 1/4 cup) Black Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>26</p> <p>Build-your-own: Turkey Soft Tacos with Peppers, Onions, Salsa & Cheese Steamed Corn (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>27</p> <p>Beef Hamburger on Whole Grain Bun Oven Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>28</p> <p>Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli Assorted Fruit Skim/1% Milk</p>
<p>31</p> <p>Chicken Alfredo with Whole Grain Pasta Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>				

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change