

# January School Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All Meals except 4K are served with the students choice of 1%, Skim or Chocolate Milk	1 <b>No School</b>	2 Entrée 1: Homemade Pizza Or Entrée 2: Meatball Sub <u>Side Options:</u> *Broccoli Salad, Zucchini Bake & Cinnamon Sugar Apple Slices	3 Entrée 1: Chicken Wild Rice Soup Or Entrée 2: Beef Vegetable Soup <u>Side Options:</u> *Cheesy Bread Sticks, Blueberry Cobbler, Steamed Carrots & Fruit Cocktail	4 Entrée 1: Mini Corn dogs Or Entrée 2: Chicken Nuggets <u>Side Options:</u> *Corn Bread Muffins, *Potato Wedges, Cauliflower & Sliced Pears	5 Entrée 1: Cheese Calzone Or Entrée 2: Fish Sandwich^ <u>Side Options:</u> Fries, Green Beans, Coleslaw, Orange Wedges & Jello	The Ever Changing Garden Bar is Made Up of All You Can Eat Vegetarian Options Every Day.
All 4K Students are served with the students choice of 1% or Skim Milk	8 Entrée 1: * Cheese Fries Or Entrée 2: Baked Chicken Sandwich ^ <u>Side Options:</u> Curly Fries, Mixed Vegetable & Diced Mango	9 Entrée 1: Cheese Burger^ Or Entrée 2: * Nachos <u>Side Options:</u> Southwest Tots, Steamed Corn & Sliced Peaches & Banana Bar	10 Entrée 1: *Grilled Cheese^ Or Entree 2: Chicken Fajita Wrap <u>Side Options:</u> * Tomato Soup, Crackers, Green Beans & Sliced Pears	11 Entrée 1: Breakfast Pizza Or Entrée 2: Breakfast Slider ^ <u>Side Options:</u> *American Fries, Grapes, Orange Juice & Sweet Roll	12 Entrée 1: Hotdog w/ Chips Or Entrée 2: *Baked Potato Bar w/ Roll <u>Side Options:</u> Chili, Steamed Broccoli, Kale Salad & Tropical Medley	
	15 Entrée 1: * Spaghetti & Meat Sauce w/Garlic Bread Or Entrée 2: BBQ Rib Sandwich ^ w/ Chips <u>Side Options:</u> *Steamed Mixed Vegetables & Kiwi Wedges	16 Entrée 1: Homemade Pizza Or Entrée 2: Braised Beef Stroganoff w/ Garlic Toast <u>Side Options:</u> Cauliflower Salad, Steamed Corn & Fruit Cocktail	17 Entree 1 : Philly Cheese Steak Sub^ Or Entree 2: Deli Sub^ <u>Side Options:</u> *Potato Rounds & Sliced Peaches	18 Entrée 1: Pork Roast Or Entrée 2: Glazed Drumsticks <u>Side Options:</u> Roll^, Stuffing, Mashed Potatoes & Gravy, Cranberries, Asparagus & Orange Wedges	19 Entrée 1: Chicken Strips Or Entrée 2: * Baked Mac & Cheese <u>Side Options:</u> *Baked Fries, Corn Muffin, *Fall Harvest Medley & Apple Sauce	
	22 Entrée 1: * Cheese Fries Or Entrée 2: Baked Chicken Sandwich^ <u>Side Options:</u> Potato Twists, Steamed Cauliflower & Diced Mango	23 Entrée 1: Enchiladas Or Entrée 2: Taco Salad Supreme <u>Side Options:</u> *Spanish Rice, Salsa, Green Beans, Diced Pears & Chocolate Chip Cookies	24 Entrée 1: *Mozzarella Sticks Or Entrée 2: Mini Corn Dogs <u>Side Options:</u> Chili, California Salad, Potato Wedges & Fruit Cocktail	25 Entrée 1: Asian Chicken w/ Rice & Eggroll Or Entrée 2: Baked Lasagna w/ Garlic Toast <u>Side Options:</u> Steamed Broccoli, Grape Clusters	26 Entrée 1: Grilled Chicken Sandwich^ Or Entrée 2: Oven Baked Fish w/Roll^ <u>Side Options:</u> * Sweet Potato Fries, Asparagus, Kiwi & *Coleslaw	
*Indicates a meatless option  ^ Indicates item is served on a whole grain bun or bread	29 Entrée 1: Grilled Brat^ Or Entrée 2: Cheese Burger^ <u>Side Options:</u> Baked Beans, Sauerkraut, Potato Rounds, Steamed Mixed Veggies & Apple Sauce	30 Entrée 1: Burrito Or Entrée 2: Hard or Soft Taco <u>Side Options:</u> *Baked Fries, Steamed Peas & Carrots , Sliced Peaches & Apple Rhubarb Crisp	31 Entree 1: Roast Turkey w/ Roll^ Or Entrée 2: Popcorn Chicken Wrap <u>Side Options:</u> Mashed Potatoes w/ Gravy, Squash, Cranberry Chutney & Orange Wedges	Follow us on Facebook:  <b>@TRSDFoodService</b>	Lunch Value Meal Consists of the Following Items. 1) Meat Choices 2) Whole Grain Rich options 3) Fruit (Includes Garden Bar) 4) Vegetable (Plus Garden Bar) 5) Milk Choices <b>All For One Low Price!</b>	