

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Cheerios</li> <li>• Breakfast for Lunch: Pancakes w/ Omelet (VG)</li> <li>• Pepper Jack Cheeseburger</li> <li>• Sesame Chicken Wrap</li> </ul> <p>1</p>	<ul style="list-style-type: none"> <li>• Edamame with Broccoli Florets</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>• Cinnamon Crumble</li> <li>• The Revolution Hot Dog</li> <li>• Buffalo Chicken Pizza</li> <li>• Sunbutter and Jelly (VG)</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>• Turkey, Cheddar Cheese, and Omelet Gordita</li> <li>• Cheese Pizza Panada Pie (VG)</li> <li>• Chicken Bites</li> <li>• Mighty Meaty Deli Combo</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>• Apple Muffin</li> <li>• Roasted Chicken Sandwich</li> <li>• BBQ Chicken Sandwich</li> <li>• Egg Salad Sandwich (VG)</li> </ul> <p>5</p>
<ul style="list-style-type: none"> <li>• Cinnamon Chex/Strawberry Bar</li> <li>• Italian "Sausage" Calzoni (VG)</li> <li>• BBQ Chicken with Cheesy Rice</li> <li>• Mighty Meaty Deli Combo</li> <li>• Green Peas</li> </ul> <p>8</p>	<ul style="list-style-type: none"> <li>• French Toast Muffin</li> <li>• General Tso's Chicken</li> <li>• Jumbo Italian Meatball w/Penne</li> <li>• Sunbutter and Jelly (VG)</li> <li>• Baby Carrots with Edamame</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>• Cheerios/Mini Dipperdoodle Bar</li> <li>• Chicken Enchiladas</li> <li>• *NEW* Cheesy Pizza Bite (vg)</li> <li>• Chicken Caesar Wrap</li> <li>• Seasoned Green Beans</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>• French Toast Sticks</li> <li>• Flame Broiled Cheeseburger</li> <li>• Sloppy Joe (DF)</li> <li>• Veggie Chef's Salad (VG)</li> <li>• Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>• Lemon Muffin</li> <li>• Breakfast for Lunch: Pancakes and Sausage</li> <li>• Tomato Curry w/Chicken</li> <li>• Egg Salad Sandwich (VG)</li> <li>• Sweet Potatoes</li> </ul> <p>12</p>
<p><b>MLK Day of Service No Classes</b></p> <p>15</p>	<ul style="list-style-type: none"> <li>• Yogurt/Educational Snacks</li> <li>• Baked Mac &amp; Cheese and BBQ Chicken Lunch Combo</li> <li>• Kickin Chicken Melt Sandwich</li> <li>• Sunbutter and Jelly (VG)</li> <li>• Tomatoes w/Pinto Beans</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>• Pancakes w/ Syrup</li> <li>• Uncle Ted's BBQ Chicken Drumstick with Cheesy Rice</li> <li>• Pepper Jack Cheeseburger</li> <li>• Cheddar Cheese Sandwich (VG)</li> <li>• Seasoned Green Beans</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>• Autumn Spice Muffin</li> <li>• The Revolution Hot Dog</li> <li>• Roasted Chicken Sandwich</li> <li>• Egg Salad Sandwich (VG)</li> <li>• Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>• Zac Omega Bar Strawberry</li> <li>• Hot Meatball Sub</li> <li>• Cheese Pizza (VG)</li> <li>• Honey Mustard Salad with Grilled Chicken Bites</li> <li>• Steamed Corn</li> </ul> <p>19</p>
<ul style="list-style-type: none"> <li>• RF Honey Buttons Cereal</li> <li>• Tomato Curry with Chicken</li> <li>• Spaghetti and Meatballs</li> <li>• Sunbutter and Jelly (VG)</li> <li>• Green Peas</li> </ul> <p>22</p>	<ul style="list-style-type: none"> <li>• Cinnamon Grahams w/String Cheese</li> <li>• Cheesy Chicken Quesadilla</li> <li>• Veggie Chili &amp; Cornbread (VG)</li> <li>• Sesame Chicken Wrap</li> <li>• Carrots and Pinto Beans</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>• Yogurt and Granola</li> <li>• Chicken Taco Trio</li> <li>• Breakfast for Lunch: Pancakes w/ Omelet (VG)</li> <li>• Chicken Salad Sandwich</li> <li>• Seasoned Green Beans</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>• Cheese Omelet</li> <li>• Baked Mac &amp; Cheese and Chicken Bites Lunch Combo</li> <li>• *NEW* Pizza Burger Bagel Melt</li> <li>• Southwest Veggie Wrap (VG)</li> <li>• Blanched Broccoli Florets with RANCH</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>• Zac Omega Bar Blackberry</li> <li>• Flame Broiled Cheeseburger</li> <li>• Buffalo Chicken Sandwich</li> <li>• Egg Salad Sandwich (VG)</li> <li>• Sweet Potatoes</li> </ul> <p>26</p>
<ul style="list-style-type: none"> <li>• Cheerios and Strawberry Bar</li> <li>• Crispy Chicken Sandwich</li> <li>• Five Cheese Lasagna (VG)</li> <li>• Turkey and Cheddar Sandwich</li> <li>• Seasoned Green Beans</li> </ul> <p>29</p>	<ul style="list-style-type: none"> <li>• Lemon Muffin</li> <li>• Chicken Teriyaki with Brown Rice</li> <li>• Pepper Jack Cheeseburger</li> <li>• Cheddar Cheese Sandwich (VG)</li> <li>• Edamame and Broccoli</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>• Cinnamon Crumble</li> <li>• Classic Chicken Parm Pasta</li> <li>• Buffalo Chicken Pizza</li> <li>• Sunbutter and Jelly (VG)</li> <li>• Steamed Corn</li> </ul> <p>31</p>		

## Happy New Year! What's New?

Cheesy-bite size goodness! Try our new Cheesy Bite Pizza!

Our hearty chili is now served with a delicious side of corn bread!

Look for them on the menu on January 10<sup>th</sup> and 23<sup>rd</sup>!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

• Vegetable of the day

*This institution is an equal opportunity provider*

