

# January Menu- TVHS



Monday	Tuesday	Wednesday	Thursday	Friday
				NO SCHOOL/CHRISTMAS BREAK 1
REMOTE PLANNING/PREP DAY 4	Remote Meal- Chicken Nuggets w/Roll with Mashed Potatoes and Fresh Apple 5	Remote Meal- Bosco Sticks w/Marinara with Baby Carrots & Ranch and Peaches 6	Remote Meal- Nachos Grande with Corn Kernels and Applesauce 7	Remote Meal- Cheese Pizza with Garden Salad w/Ranch and Pears 8
Chicken Bacon Ranch Club Sandwich -OR- Turkey Club Sandwich w/Corn Kernels, Sliced Bell Peppers and Peaches 11	Chicken Bacon Ranch Club Sandwich -OR- Turkey Club Sandwich w/Corn Kernels, Sliced Bell Peppers and Peaches 12	Chicken Teriyaki w/Brown Rice -OR- Oriental Wrap w/Vegetable Eggroll, Steamed Broccoli and Pineapple 13	Chicken Parmesan w/Garlic Bread -OR- Spaghetti w/Meatballs with Green Beans and Applesauce 14	Chicken Parmesan w/Garlic Bread -OR- Spaghetti w/Meatballs with Green Beans and Applesauce 15
NO SCHOOL/Martin Luther King Jr. Day 18	Walking Taco -OR- Taco Salad in Crispy Shell with Corn Kernels, Refried Beans and Mixed Fruit 19	Walking Taco -OR- Taco Salad in Crispy Shell with Corn Kernels, Refried Beans and Mixed Fruit 20	Bosco Sticks w/Marinara -OR- Deli Sandwich with Cucumber Slices and Baby Carrots w/Ranch and Strawberry Applesauce 21	Bosco Sticks w/Marinara -OR- Deli Sandwich with Cucumber Slices and Baby Carrots w/Ranch and Strawberry Applesauce 22
Popcorn Chicken w/Roll -OR- Crispy Chicken Wrap with Mashed Potatoes, Brown Sugar Glazed Carrots and Pears 25	Popcorn Chicken w/Roll -OR- Crispy Chicken Wrap with Mashed Potatoes, Brown Sugar Glazed Carrots, and Pears 26	Toasted Ravioli w/Marinara -OR- Sloppy Joe with Green Beans and Grapes 27	Breaded Chicken Sandwich -OR- Spicy Chicken Sandwich with Peas, Macaroni Salad, and Pears 28	Breaded Chicken Sandwich -OR- Spicy Chicken Sandwich with Peas, Macaroni Salad, and Pears 29

All meals are made with whole grains, and meet nutritional guidelines set by the USDA. Every lunch will include a fruit and vegetable, and milk

-1% low-fat and skim chocolate milk available daily

