

January Menu- TVMS



Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL/CHRISTMAS BREAK 1	NO SCHOOL/CHRISTMAS BREAK 2	NO SCHOOL/CHRISTMAS BREAK 3	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
Corn Dog -OR- Fish Sticks with Broccoli & Cheese, Pasta Salad and Mixed Fruit 11	Chicken Tenders w/Roll -OR- Crispy Chicken Salad with Honey Glazed Carrots and Pears 12	BBQ Chicken Sandwich -OR- Cheeseburger Mac with Corn Kernels and Peaches 13	Spaghetti & Meat Sauce w/Garlic Bread -OR- Grilled Chicken Sandwich with Green Beans and Applesauce 14	Cheese Pizza -OR- Sausage Pizza with Garden Salad and Apple Slices 15
NO SCHOOL/Martin Luther King Jr. Day 18	Nachos Grande -OR- Taco Salad in Crispy Shell with Refried Beans and Mixed Fruit 19	Chicken Teriyaki w/Brown Rice -OR- Oriental Wrap with Vegetable Eggroll, Steamed Broccoli and Pineapple 20	Chicken Penne Alfredo -OR- Chicken Caesar Salad with Mixed Vegetables and Mandarin Oranges 21	Bosco Sticks w/Marinara -OR- Deli Sandwich with Cucumber Slices and Baby Carrots w/Ranch and Strawberry Applesauce 22
Popcorn Chicken w/Roll with Brown Sugar Glazed Carrots and Fresh Banana 25	Pancakes -OR- French Toast Sticks with Sausage Links, Hashbrown and Peaches 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	Cheese Calzone w/Marinara -OR- Deli Sandwich with Garden Side Salad and Sidekick Slushie 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

