

# 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	Chicken Nuggets w/Roll with Mashed Potatoes and Fresh Apple 5	Bosco Sticks w/Marinara with Baby Carrots & Ranch and Peaches 6	Nachos Grande with Corn Kernels and Applesauce 7	Cheese Pizza with Garden Salad w/Ranch and Pears 8
Corn Dog with Broccoli & Cheese, Pasta Salad and Mixed Fruit 11	Chicken Tenders w/Roll with Honey Glazed Carrots and Pears 12	BBQ Chicken Sandwich with Corn Kernels and Peaches 13	Spaghetti & Meat Sauce w/Garlic Bread with Green Beans and Applesauce 14	Sausage Pizza with Garden Salad and Apple Slices 15
NO SCHOOL/Martin Luther King Jr. Day 18	Nachos Grande with Refried Beans and Mixed Fruit 19	Chicken Teriyaki w/Brown Rice with Vegetable Eggroll, Steamed Broccoli and Pineapple 20	Chicken Penne Alfredo with Mixed Vegetables and Mandarin Oranges 21	Bosco Sticks w/Marinara 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 with Sausage Links, Hashbrown and Peaches 26	Toasted Ravioli w/Marinara with Green Beans and Grapes 27	Breaded Chicken Sandwich with Peas, Macaroni Salad, and Pears 28	Cheese Calzone w/Marinara 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

