

JANUARY 2024

JWPMS

LUNCH



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**No
School**

1

Pizza
Vegetable
Fruit

2

Corn Dog
Fries
Broccoli
Pears

3

Chicken Quesadilla
Seasoned Corn Fruit
Cup Fruit Churro

4

Chicken Tenders
Fries
Carrots
Fruit Cup

5

Hot Dog w/Toppings
Baked Beans
Pineapple

8

General Tso's Chicken
Rice
Cooked Broccoli
Fruit Cup

9

Spaghetti w/meat
sauce
Breadstick
Vegetables
Applesauce

10

Cheeseburger
Vegetables
Fries
Peaches

11

Chicken Sandwich
Mixed Vegetables
Sliced apples

12

**No
School**

15

Italian Dunkers
Dipping Sauce
Side Kicks Fruit Cups
Glazed Carrots

16

Chicken Fajita Wrap
Seasoned Corn
Apple Sauce

17

Grilled Cheese
Tomato Soup
Green Beans
Peaches

18

Pizza
California Vegetable
Blend Fruit Salad

19

Goulash
Mixed Vegetables
Applesauce

22

Loaded Fries
Corn
Mandarin Oranges

23

Pork Rib Sandwich
Vegetable Blend
Potato Wedges
Apple Slices

24

Chicken Noodle Soup
Saltines
Peaches

25

Corn Dog
Side Salad
Broccoli
Pears

26

Chicken Sandwich
Green Beans
fruit

29

Mac & Cheese
Dinner Roll
Winter Blend Veggies
Mandarin Oranges

30

Walking Tacos
Mixed Vegetables
Apple Sauce
Churros

31

