

January 2025

ST MARCUS

Corn & Wheat Free K-5 Hot Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOLS: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			2 NO SCHOOL	3 NO SCHOOL
6 Glazed Chicken Leg WG Brown Rice (1 cup) Fresh Broccoli Bites Seasonal Fruit Choice of Milk	7 Italian Meatsauce Rice & Quinoa Pasta (1 cup) Garden Blend Salad Creamy Italian Dressing Seasonal Fruit Choice of Milk	8 Chicken Nachos Shredded Cheese Taco Sauce or Hot Sauce WG Brown Rice (1 cup) Seasonal Vegetables Seasonal Fruit Choice of Milk	9 Diced Chicken Mashed Potatoes Orange Medley Veggie Juice Baby Carrots (1/4 cup) Seasonal Fruit Choice of Milk	10 Homemade Beef and Bean Chili Shredded Cheese Baby Baker Steamed Sweet Corn Seasonal Fruit Choice of Milk
13 NO SCHOOL	14 Glazed Chicken Leg WG Brown Rice (1 cup) Steamed Vegetables Seasonal Fruit Choice of Milk	15 Italian Meatsauce Rice & Quinoa Pasta Cooked Carrots Seasonal Fruit Choice of Milk	16 Glazed Chicken Leg Mayo or Franks Hot Sauce Fresh Celery Sticks Seasonal Fruit Choice of Milk	17 Diced Chicken WG Brown Rice (1 cup) Fresh Broccoli Bites Seasonal Fruit Choice of Milk
20 <u>Martin Luther King Jr. Day</u> NO SCHOOL	21 Homemade Beef and Bean Chili Shredded Cheese Baby Baker Potatoes Sweet Corn Kernels Seasonal Fruit Choice of Milk	22 National Hot Sauce Day! Beef Taco w/ Shredded Cheese WG Brown Rice (1 cup) Taco Sauce or Hot Sauce Seasonal Vegetables Seasonal Fruit Choice of Milk	23 Seasoned Ground Beef WG Brown Rice Fresh Broccoli Bites Seasonal Fruit Choice of Milk	24 Creamy Kickin' Chicken Alfredo Rice & Quinoa Pasta (1 cup) Baby Carrots Seasonal Fruit Choice of Milk
27 Italian Meatsauce Rice & Quinoa Pasta Fresh Broccoli Bites Seasonal Fruit Choice of Milk	28 Glazed Chicken Leg Mashed Potatoes Orange Medley Juice & Baby Carrots (1/4 cup) Seasonal Fruit Choice of Milk	29 Diced Chicken NO GRAVY Mashed Potatoes Seasonal Fruit Choice of Milk	30 Homemade Beef and Bean Chili Shredded Cheese Baby Baker Potatoes Steamed Green Beans Seasonal Fruit Choice of Milk	31 Chicken Fajitas w/ Pepper & Onions Shredded Cheese WG Brown Rice (1 cup) Taco Sauce or Hot Sauce Seasonal Vegetables Seasonal Fruit Choice of Milk

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY
 This institution is an equal opportunity provider.

Corn & Wheat Free ST MARCUS K-5 Hot Lunch Menu