





### Rosa Parks January 2022 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tangerine Chicken Brown Rice with Mixed Vegetables Steamed Broccoli Dragon Juice Milk	4 Walking Tacos with Turkey and WG Tostitos Shredded Cheese Seasoned Pinto Applesauce Milk	5 BBQ Chicken Patty on WG Bun Green Beans Chilled Peaches Milk	6 Salisbury Steak with Gravy and WG Dinner Roll Mashed Potatoes Chilled Pears Milk	7 Chicken Nuggets, WG Breading Glazed Carrots Apple Juice Milk Ketchup
10 Cheeseburger on Whole Grain Bun Baked Beans Diced Pears Milk Ketchup and Mustard	11 Macaroni and Cheese WG Green Beans Fresh Apple Quarters Milk	12 Turkey Steak with Gravy Mashed Potatoes Juice Milk	13 Cheese Pizza WG Spinach Salad with Light Dressing Chilled Peaches Milk	14 Breaded Chicken on WG Bun with Ranch Steamed Carrots Orange Wedges Milk
17 Martin Luther King Jr. Day Holiday  	18 Popcorn Chicken, WG Dinner Roll WG Mashed Potatoes Pineapple Tidbits and Mandarin Orange Sections Milk	19 Mini Ravioli WG with Marinara Sauce Green Beans Applesauce Milk	20 Nachos with Three-Bean Chili Shredded Cheddar Cheese Mixed Vegetables Juice Milk	21 Chicken and Cheese Quesadilla, WG Refried Beans Fresh Apple Quarters Milk
24 Salisbury Steak with Gravy and WG Dinner Roll Mashed Potatoes Chilled Peaches Milk	25 Macaroni and Cheese WG Baked Beans Fresh Apple Quarters Milk	26 Chicken Nuggets Sweet Potato Tater Tots Applesauce Dinner Roll Milk	27 Tangerine Chicken Brown Rice with Mixed Vegetables Dragon Juice Milk	28 Cheese Pizza WG Spinach Salad with Light Dressing Chilled Pineapple and Mandarin Oranges Milk
31 Sloppy Joes on WG Bun Seasoned Potato Wedges Chilled Peaches Milk			<b>JANUARY EVENTS:</b> 1=New Year's Day 17=Martin Luther King Jr Day	

\* This item may contain pork.

**ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE**  
*This institution is an equal opportunity provider.*