

**Peace Lutheran School
January Lunch Menu**

| | 1 No School | 2 No School | 3 No School | 4 No School |
|---|--|---|--|--|
| 7 WG Mini Turkey Corn Puppies (33/3) Great Green Beans (4/2) Applesauce (13/2) Mustache Milk (12) | 8 Tyson WG Chicken Patty (16/3) on WG Bun (29/2) Golden Corn (16/1) Chilled Peaches (17) Cold Milk (12) | 9 WG Turkey Pepperoni Pizza (38/3) Garden Salad (2/1) w/Lite Dressing (8) Orange Wedges (21/5) Vitamin Rich Milk (12) | 10 Chicken Alfredo (10) with a Twist (WG Rotini) (41/2) WG Bosco Bread Stick (17/2) California Blend Veggies (3/1) Diced Peaches (14/1) Mighty Milk (12) | 11 WG Cinnamon Pancakes (35/2) w/ Syrup (26) String Cheese Stick (1) Trix Yogurt Cup (15) Hash Brown Stars (17/2) Apples Slices (19/3) Power Up Milk (12) |
| 14 Hot Dog* (1) on WG Bun (20/3) Potato Smiles (20/3) Chilled Pears (17/1) Cold Milk (12) | 15 Tangerine Chicken (25/2) over Brown Rice (19/1) Steamed Broccoli (3/1) Delicious Apple (9/3) Dick & Jane Cookies (22/1) Mighty Milk (12) | 16 WG Bosco Cheese Bread Sticks (30/2) w/Marinara Sauce (4) Sliced Cucumbers W/Ranch Dip (8) Chilled Peaches (17) Does a Body Good Milk (12) | 17 Turkey & Gravy (2) over Whipped Potatoes (14/1) WG Dinner Roll (24/5) Lunch Bunch Grapes (15/1) Got Milk? (12) | 18 WG Mini Cheese Quesadillas (30/3) With Sassy Salsa (2) Refried Beans (16/4) w/Cheese (1) Smooth Applesauce (13/1) Mini Rice Krispie Treat (9) Frothy Milk (12) Happy Birthday Day |
| 21 No School | 22 WG Beef Pepperoni Calzone (31/2) Golden Corn (16/1) Chilled Pears (17/1) Mighty Milk (12) | 23 WG Soft Shell (15/2) Beef (5/2) Taco w/ Cheese (1), Lettuce (2) & Salsa (2) Refried Beans (16/4) w/Cheese (1) Apples Slices (19/3) Goldfish Colors Crackers (14/1) Strong Bones Milk (12) | 24 WG Chicken Nuggets (16/3) Whipped Potatoes (14/1) w/ Gravy (4) WG Chocolate Chip Muffin (28/1) Orange Wedges (21/5) Strong Bones Milk (12) | 25 WG Crazy Cheesy Bread (27/3) w/Marinara Dipping Sauce (4) Steamed Broccoli (5/3) w/Cheese Sprinkles (1) Diced Peaches (17) Power Packed Milk (12) |
| 28 Half Day Dismissal 11:15 a.m. No Lunch | 29 Tyson WG Chicken Patty (16/3) on WG Bun (29/2) Golden Corn (16/1) Chilled Peaches (17) Cold Milk (12) | 30 WG Turkey Pepperoni Pizza (38/3) Garden Salad (2/1) w/Lite Dressing (8) Orange Wedges (21/5) Vitamin Rich Milk (12) | 31 Chicken Alfredo (10) with a Twist (WG Rotini) (41/2) WG Bosco Bread Stick (17/2) California Blend Veggies (3/1) Diced Peaches (14/1) Mighty Milk (12) | |

WG = Whole Grain Rich Product
RF = Reduced Fat
HF = High Fiber
RS = Reduced Sodium
*Item may contain pork

Daily Offerings Include: 1% White or Fat Free Chocolate Milk, Baby Carrots and Assorted Fruit

Numbers in brackets = (carbohydrate/fiber)