

**January 2020 Lunch Menu
Harvest Of The Month * WHOLE GRAINS ***

Menu subject to change. Please notify kitchen staff of any food allergies before ordering.
got questions? contact... jdevivo@mvyps.org
The USDA is an equal opportunity provider.

6 Mac-n-Cheese, Steamed Peas, Fresh Fruit & Milk	7 Beef or Veggie Enchiladas, Mexican Slaw, Fresh Fruit & Milk	8 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk	9 Buffalo Chicken Wings or Veggie Burger, Veggie Sticks, Oven Fries, Fresh Fruit & Milk	10 CATCH OF THE DAY Mediteranean Fish Stew, Mashed Potatoes, Fresh Fruit & Milk
13 Pasta w/ Turkey Meatballs & Marinara Sauce, Caesar Salad, Fresh Fruit & Milk	14 Cheese Nachos, Mexican Spiced Veggies & Beans, Fresh Fruit & Milk	15 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk	16 Chicken or Tofu Ramen, Asian Vegetables, Fresh Fruit & Milk	17 CATCH OF THE DAY Oven Baked Fish w/ Sundried Tomato & Basil Butter, Steamed Broccoli, Rice Pilaf, Fresh Fruit & Milk
20 No School	21 Pork Chili Verde or Veggie Chili, Cornbread, Veggie Sticks, Fresh Fruit & Milk	22 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk	23 Grilled Cheese & Tomato Soup, Veggie Sticks, Fresh Fruit & Milk	24 CATCH OF THE DAY Fisheakes, Sauteed Greens, Oven Fries, Fresh Fruit & Milk
27 Pasta w/ Nut-Free Pesto Sauce, Caesar Salad, Fresh Fruit & Milk	28 Chicken or Veggie Tacos , Mexican Slaw, Fresh Fruit & Milk	29 Cheese or Pepperoni Pizza, Garden Salad, Fresh Fruit & Milk	30 BBQ Pulled Pork Sandwich or Veggie Burger, Sweet Potato Fries, Steamed Corn, Fresh Fruit & Milk	31 CATCH OF THE DAY Fish Chowder, Herb Cheddar Biscuit, Veggie Sticks, Fresh Fruit & Milk
get lunch	get lunch	Available Everyday... Salad Bar or Chicken or Tuna Salad Sandwich or Sunbutter & Jelly Sandwich, Veggie Sticks, Fresh Fruit & Milk	get lunch	get lunch