



January Lunch

NO FRIED FOODS!!

Monday, December 30, 2024	Tuesday, December 31, 2024	Wednesday, January 01, 2025	Thursday, January 02, 2025	Friday, January 03, 2025
Pasta Fagioli - V, Vegan, DF, EF (Parmesan Cheese on the Side) Sliced Carrots Honey Dew GF: Entrée w/ GF Pasta	Chicken Salad Sandwich Wheat Bread Salad w/ HOK Ranch (on the side) Bananas V, Vegan, DF, EF: Sunbutter and Jelly GF: Entrée w/ GF Bread	Happy New Year!	BBQ Chicken Quinoa - DF, EF Dinner Roll Broccoli Cantaloupe V, Vegan: BBQ Tofu GF: Whole Grain Brown Rice	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese
Monday, January 06, 2025	Tuesday, January 07, 2025	Wednesday, January 08, 2025	Thursday, January 09, 2025	Friday, January 10, 2025
Pasta w/ Meat Sauce - DF, EF Pasta Sliced Carrots Honeydew V, Vegan: Pasta Marinara Vegan Cheese GF: Entrée w/ GF Pasta	Chicken Chickpea Gyros - EF Pita Bread Broccoli Bananas V, Vegan, DF: Chickpea and Veggie Gyros GF: Whole Grain Brown Rice	Turkey Paella - DF, EF, GF Turmeric Rice Peas and Carrots Cantaloupe V, Vegan: Tofu Paella	Chicken Fajitas - DF, EF Flour Tortillas Cauliflower Pineapple V, Vegan: Bean Fajitas GF: Corn Tortilla	Italian Meatball Sub Mini Hoagie Green Beans Fruit Salad V, Vegan, DF, EF, GF: Veggie Meatball Sub GF: Whole Grain Brown Rice
Monday, January 13, 2025	Tuesday, January 14, 2025	Wednesday, January 15, 2025	Thursday, January 16, 2025	Friday, January 17, 2025
Swedish Meatballs Wheat Bread Peas and Carrots Cantaloupe V, Vegan, DF, EF, GF: Veggie Meatballs GF: Gluten Free Bread	Cheesy Chicken Broccoli - EF, GF Whole Grain Brown Rice Broccoli Bananas DF: DF Chicken Broccoli Casserole V, Vegan: Tofu Broccoli Casserole	Turkey Lentil Sloppy Joes - DF, EF Dinner Roll Sliced Carrots Honeydew V, Vegan: Lentil & Bean Sloppy Joe GF: White Rice	Cheesy Chicken Philly - EF Mini Hoagie Green Beans Pears DF: DF Chicken Philly V, Vegan: White Bean Philly GF: White Rice	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese
Monday, January 20, 2025	Tuesday, January 21, 2025	Wednesday, January 22, 2025	Thursday, January 23, 2025	Friday, January 24, 2025
Teriyaki Meatballs Vegetable Rice Honeydew V, Vegan: Tofu Teriyaki DF, EF, GF: Chicken Teriyaki	Taco Tuesday! - EF Flour Tortillas Lettuce, Salsa Bananas V, Vegan: Veggie & Bean Taco GF: Corn Tortilla	Pasta Alfredo - V, EF Pasta Sliced Carrots Cantaloupe DF, Vegan: Pasta Marinara Vegan Cheese GF: GF Pasta Alfredo	Red Pepper Turkey - EF, GF Whole Grain Brown Rice Broccoli Pineapple V, Vegan: Tofu w/ DF Sauce DF: Turkey w/ DF Sauce	Chicken Parmesan Pasta - EF Pasta Green Beans Fruit Salad V, Vegan, DF: Veggie Pizza Pasta GF: Entrée w/ GF Pasta
Monday, January 27, 2025	Tuesday, January 28, 2025	Wednesday, January 29, 2025	Thursday, January 30, 2025	Friday, January 31, 2025
Mega Mac & Cheese - V, EF Pasta Peas and Carrots Honeydew GF: GF Pasta w/ Cheese Sauce Vegan, DF: Cheesy Vegan Pasta	HOK Hearty Turkey Chili - DF, EF French Bread Carrots, Peppers, Onions Bananas V, Vegan: Three Bean Chili GF: Gluten Free Bread	Meatball Slider Dinner Roll Sliced Carrots Cantaloupe V, Vegan, DF, EF: Tofu Slider GF: Tofu Slider w/ GF Bread	Turkey Meatloaf - EF, GF Wheat Bread Green Beans Pears V, Vegan, DF - Veggie Patty GF: Gluten Free Bread	Pizza Day - V, EF Flour Pizza Crust Cucumbers Fruit Salad DF: Pizza w/Turkey Pepperoni GF: Gluten Free Pizza w/ Cheese Vegan: Pizza w/ Vegan Cheese