**January 2021 Cold Lunch Menu**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
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| **4 WOWButter &**  **Jelly Sandwich**  Soy Butter 1 oz, jelly, WG Bread 2 grain  **Fruit Yogurt 1 oz**  **Sunset Sip Juice ½ cup**  **Raisins ½ cup** | **5 Cold Cheese Pizza**  Cheese 2 oz, 1 grain  **Red Bell Pepper Slices ¼ cup**  **Spinach Salad 1 cup**  **Ranch Dressing** | **6 Buffalo Chicken**  Chicken 2 oz, 1 grain  **Dragon Punch Juice ½ cup**  **Fresh Orange ½ cup**  **Ranch Dressing** | **7 Roast Beef Sub**  Roast Beef 1 oz, Mozzarella Cheese 2 slices, WG roll 2 grain  **Black Bean & Corn Salad ¾ cup** | **8 Chicken Fajitas**  Chicken 2 oz, Cheddar Cheese 1 oz  **6” Flour Tortilla**  **Fresh Broccoli ¼ cup**  **Applesauce ½ cup** |  |
| **11 Cheese Sandwich**  American Cheese 1 oz  Swiss Cheese 1 slice  WG Bread 2 grain  **Homemade Potato Salad ½ cup**  **Baby Carrots ¼ cup** | **12 Chicken Filet**  **Sandwich**  Chicken Patty 2 oz,  Burger Bun 2 grain  **Black Bean & Corn Salad ¾ cup** | **13 Egg Chef Salad**  Hard Boiled Egg 2 oz, Romaine 1 cup  **Apple Crisps ½ cup**  **WG Soft Pretzel**  **Ranch dressing** | **14 Beef Hot Dog**  Beef Frank 2 oz, Hot Dog Bun 2 grain  **Dragon Punch Juice ½ cup**  **Fresh Apple ½ cup**  **Ketchup, Mustard** | **15 Chicken Tenders**  Chicken 2 oz, 1 grain  **Red Bell Pepper Slices ¼ cup**  **Fresh Banana ½ cup**  **Ketchup** |  | |
| **18 NO SCHOOL**  **Turkey & Swiss**  **Sandwich**  Turkey 1 oz, Cheese 2 slices, Bread 2 grain  **Homemade Potato Salad ½ cup**  **Grape Juice ½ cup** | **19 Chicken Wrap**  Chicken 2 oz, cheddar cheese ½ oz  **6” Flour Tortilla** 1 grain  **Black Bean & Corn Salad ¾ cup** | **20 Yogurt & Granola**  **Fruit Yogurt ½ cup**  **String Cheese 1 oz**  **Granola** 1 oz  **Raisins ½ cup**  **Dragon Punch Juice ½ cup** | **21 Popcorn Chicken**  **Salad**  Chicken 2 oz, 1 grain  Spinach Salad 1 cup  **Fresh Tangerine ½ cup**  **Ranch Dressing** | **22 Flatbread Cheese**  **Pizza**  Bread 1 grain, Mozzarella Cheese 2 oz, Pizza Sauce ½ cup  **Pineapple Fruit Cup ½ cup** |
| **25 Protein Kit**  Hard Boiled Egg 2 oz, String Cheese 1 oz,  **Animal Crackers 1 oz**  **Baby Carrots ¼ cup**  **Apple Crisps ½ cup** | **26 Buffalo Chicken**  Chicken 2 oz, 1 grain  **Grape Tomatoes ¼ cup**  **Fresh Orange ½ cup** | **27 Chef Salad**  Turkey Bologna 1 oz  Cheddar Cheese 1 oz  Sliced Tomatoes ¼ cup  Spinach Salad 1 cup  **Dinner Roll** 1 grain  **Ranch Dressing** | **28 Cold Cheese Pizza**  Cheese 2 oz, 1 grain  **Dragon Punch Juice ½ cup**  **Applesauce ½ cup** | **29 Chicken & Cheese**  **Tortilla**  Diced Chicken 1 oz  Shredded Mozzarella 1 oz  **6” Flour Tortilla** 1 grain  **Black Bean & Corn Salad ¾ cup** |