**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 ozSwiss Cheese 1 sliceWG 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 grainSpinach 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 ozCheddar Cheese 1 ozSliced Tomatoes ¼ cupSpinach 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 ozShredded Mozzarella 1 oz**6” Flour Tortilla** 1 grain**Black Bean & Corn Salad ¾ cup** |