

January 2022

Mid-Atlantic Region Menu - Vegetarian



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>4</p> <p>Veggie Nuggets Dinner Roll Black Bean & Corn Salad (1 cup) Assorted Fruit</p>	<p>5</p> <p>BBQ Chik'n Sandwich with Broccoli & Carrots (1 cup) Assorted Fruit Skim/1% Milk</p>	<p>6</p> <p>Veggie Burger Sweet Potato Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>7</p> <p>Chik' Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Pinto Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>
<p>10</p> <p>Vegetable Pasta Salad with Carrots, Corn, and Beans Assorted Fruit Skim/1% Milk</p>	<p>11</p> <p>Cheesy Baked Pasta Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>12</p> <p>BBQ Chik'n Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>13</p> <p>Roast Chik'n Chef Choice: Cornbread OR Brown Rice Mashed Potatoes & Green Beans (1/2 cup each) Assorted Fruit Skim/1% Milk</p>	<p>14</p> <p>Jerk Chik'n Red Rice (K-8: 3/4 cup; 9-12: 1 1/4 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>
<p>17</p> <p>No School</p>	<p>18</p> <p>Cheese Pizza Sweet Potato Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>19</p> <p>Cheesy Baked Pasta Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>20</p> <p>Vegetable Pasta Salad with Carrots, Corn, and Beans Assorted Fruit Skim/1% Milk</p>	<p>21</p> <p>BBQ Chik'n Sandwich Citrus Spiced Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>
<p>24</p> <p>Cheese Pizza Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>25</p> <p>Jerk Chik'n Red Rice (K-8: 3/4 cup; 9-12: 1 1/4 cup) Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>26</p> <p>Build-your-own: Chik'n Soft Tacos with Peppers, Onions, Salsa & Cheese Steamed Corn (1/2 cup) Assorted Fruit Skim/1% Milk</p>	<p>27</p> <p>Veggie Burger Oven Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>	<p>28</p> <p>Asian Tofu & Noodle Stir Fry with Cabbage and Broccoli Assorted Fruit Skim/1% Milk</p>
<p>31</p> <p>Veggie Nuggets Dinner Roll Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p>				

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change