



# January

# Lunch



## NEW BEGINNINGS FAMILY ACADEMY

Monday	Tuesday	Wednesday	Thursday	Friday
January 2, 2017	January 3, 2017	January 4, 2017	January 5, 2017	January 6, 2017
HOLIDAY BREAK	CHICKEN TENDERS WITH POTATO WEDGES Maple Baked Beans Orange Sorbet 100% Juice BBQ Sauce Ketchup Choice of Milk	BBQ CHICKEN Whole Wheat Bun Green Beans Applesauce Choice of Milk	MACARONI & CHEESE Mixed Vegetables Diced Peaches Choice of Milk	NO SCHOOL
January 9, 2017	January 10, 2017	January 11, 2017	January 12, 2017	January 13, 2017
POPCORN CHICKEN Maple Baked Beans SunSet Sip Juice Diced Peaches BBQ Sauce Choice of Milk	TOASTY TUESDAY** TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Tomato Soup Baby Carrots Fat Free Ranch Dressing Apple Juice Choice of Milk	TACO SCOOPS Whole Kernel Corn Salsa Cup Fresh Fruit Tortilla Chips Choice of Milk	HOT DOG W/ POTATO ROUNDS WW Hot Dog Bun Diced Carrots Mixed Fruit Cup Mustard Ketchup (2) Choice of Milk	PEPPERONI PIZZA WRAP Broccoli Florets Fat Free Ranch Dressing Fresh Fruit Choice of Milk
January 16, 2017	January 17, 2017	January 18, 2017	January 19, 2017	January 20, 2017
MARTIN LUTHER KING JR.	PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Grape Juice Choice of Milk	*SPECIAL MEAL* CHICKEN DRUMSTICK W/POTATO ROUNDS Green Beans Diced Peas BBQ Sauce Ketchup Corn Muffin Choice of Milk	BAGEL DOG Whole Kernel Corn Fresh Fruit Mustard Ketchup Choice of Milk	MEATBALL SUB WW Hot Dog Bun Romaine Salad Fat Free Ranch Dressing Diced Peaches Choice of Milk
January 23, 2017	January 24, 2017	January 25, 2017	January 26, 2017	January 27, 2017
CHICKEN NUGGETS WITH POTATO ROUNDS Peas & Carrots Orange Juice BBQ Sauce Ketchup Choice of Milk	WAGON WHEEL PASTA W/MEATSAUCE Italian Mixed Vegetables Applesauce Cup Choice of Milk	CHILI French Fries Fresh Fruit Corn Muffin Ketchup Choice of Milk	*NEW ITEM* BBQ CHICKEN WRAP Maple Baked Beans Crunchy Celery Sticks Fat Free Ranch Dressing Diced Peas Choice of Milk	GALAXY PEPPERONI PIZZA Romaine Salad Fat Free Ranch Dressing Fresh Fruit Choice of Milk
January 30, 2017	January 31, 2017	February 1, 2017	February 2, 2017	February 3, 2017
MEATLESS MONDAY** MINI CHEESE RAVIOLI WITH SAUCE Breadstick Green Beans Mixed Fruit Cup Choice of Milk	*TRY IT TUESDAY! CHICKEN TENDERS WITH POTATO WEDGES Broccoli W/Cheese Sauce Blended Fruit Juice BBQ Sauce Ketchup Choice of Milk			

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* This institution is an equal opportunity provider.

# Help us make your food better!

Give us feedback on Facebook or by emailing [info@preferredmeals.com](mailto:info@preferredmeals.com)