

Utah 9-12 Winter Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3 Pepperoni Pizza Spicy Chicken Sandwich Hummus Wrap Lemon Roasted Carrot Romaine Salad LETTUCE & TOMATO Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 4 Bean Burrito Bowl w/ Elote and Pico Cup Gourmet Grilled Cheese Grilled Chicken Caesar Steamed Rice ORANGES PINEAPPLE CHUNKS Salsa SOUR CREAM Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 5 Roasted Ranch Chicken Vegetarian Bean Chili Yogurt Cinnamon Pear Parfait Southern Cornbread Roasted Potato Wedge GREEN BEANS BANANAS Apple Bake Cheese, cheddar, grat Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 6 Lasagna Roll Up Cheesy Baked Potato Spicy Chicken Salad Garlic Bread Roasted Parmesan Br CHERRY TOMATOES PEARS, FRESH PEACHES SOUR CREAM Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 7 Sloppy Joe FISH STRIPS Make Your Own PB&J Macaroni and Cheese BAKED BEANS Celery and Carrot Stick APPLES, Fresh RAISINS KETCHUP TARTAR SAUCE Milk Non-fat Chocolate MILK, 1% Lowfat
Jan - 10 Oven Fried Chicken Italian Mega Meatballs Double Cherry Yogurt Parfait with Graham Crackers Whole Wheat Roll Garlic Smashed Red Potatoes GREEN BEANS Apple Wedges STRAWBERRIES KETCHUP BBQ Sauce Gravy Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 11 Cheese Quesadilla Enchilada Bake Kale Apple and Chicken Wrap Seasoned Pinto Beans Roasted Butternut Squash Pico Cup GRAPEFRUIT HALVE FRUIT COCKTAIL Salsa SOUR CREAM Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 12 Orange Chicken Teriyaki Chicken Chef Salad Lo Mein Noodles BROCCOLI RED PEPPERS & CARROTS Cinnamon Applesauce ORANGES Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 13 Cheesy Baked Penne Breadstick Meatball Sub Turkey and Cheese Wrap Steamed Vegetable Medley Spinach Side Salad BANANAS PEACHES MUSTARD MAYONNAISE Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 14 HAMBURGER ON A BUN VEGGIE BURGER Chicken Tender Salad Sweet Potato Fries CUCUMBER COINS LETTUCE & TOMATO PINEAPPLE, Fresh Cranberries KETCHUP MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK, 1% Lowfat
Jan - 17 Cheese Pizza Spicy Chicken Sandwich Yogurt Strawberry Parfait Lemon Roasted Carrot Romaine Salad LETTUCE & TOMATO Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE, PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 18 Chicken Fajita Cheesy Baked Potato Breadsticks Chef Salad Spanish Rice Refried Beans Pico Cup ORANGES PINEAPPLE CHUNKS Salsa SOUR CREAM Cheese, cheddar, grat Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 19 Loaded Baked Potato Topped with Veggie Chili Pepperoni Pizza Flatbread Buffalo Chicken Wrap Southern Cornbread CORN BROCCOLI, raw PEARS, FRESH Apple Bake Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 20 Grilled Cheese Chicken Wings and Ro Turkey and Cheese Wrap Roasted Cauliflower Tomato Soup LETTUCE & TOMATO BANANAS PEACHES Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat	Jan - 21 BBQ Sandwich Macaroni and Cheese Grilled Chicken Caesar BAKED BEANS Cole Slaw Corn on Cob APPLES, Fresh RAISINS Milk Non-fat Chocolate MILK, 1% Lowfat

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

School Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 24 Egg Chicken Tenders Hummus and Pita Bistro Plate WAFFLES Roasted Red Potatoes CHERRY TOMATOES GRAPEFRUIT HALVE Smoothie White Gravy SYRUP,PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 25 Bean Taco w/ Seasoned Black Beans and Pico Cup Buffalo Chicken Flatbread Cobb Salad CUCUMBER COINS APPLES,Fresh FRUIT COCKTAIL Salsa SOUR CREAM Cheese, cheddar, grated Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 26 General Tso Chicken Cheesy Breadsticks & Make Your Own PB&J Fried Rice BROCCOLI Baby Carrots ORANGES Cinnamon Applesauce Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 27 Pasta Bar w/ toppings Fruit and Cheese Bistro Plate Steamed Vegetable Medley Sweet Kale Salad LETTUCE & TOMATO BANANAS PEACHES CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat	Jan - 28 Turkey Burger Bean and Cheese Burrito Chicken Tender Salad Sweet Potato Fries GREEN BEANS LETTUCE & TOMATO PINEAPPLE,Fresh Cranberries KETCHUP MUSTARD MAYONNAISE Salsa Milk Non-fat Chocolate MILK,1% Lowfat

Green Highlight=Seasonal scratch recipe available

Yellow Highlight= Harvest of the Season item, source locally when possible



Harvest of the Season

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