

Allen Academy's **January** Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
January 3-6	Student Holiday	Home-style beef stew Green peas Cheesy cornbread Fresh fruit	Pasta Marinara Green Beans Whole wheat roll Caesar Salad Fresh fruit	Chicken & Bean Burrito Sweet corn Green Salad Fresh fruit	Tuna Melt Tomato Soup Veggie Dippers Fresh Fruit
January 9-13	Baked Ziti with meat sauce Green beans Caesar salad Fresh Fruit	Rotisserie chicken Garlic mashed potatoes Green salad Fresh fruit	Hamburger on Whole wheat bun Lettuce/Tomato/Onion Roasted sweet potato wedges Fresh fruit	Fish Fajitas Black Beans Veggie Dippers Fresh Fruit	Cheesy Pizza Green Beans Veggie Dippers Fresh Fruit
January 17-20	School Holiday	Home-style beef stew Green peas Cheesy cornbread Fresh fruit	Chicken & Bean Burrito Sweet corn Green Salad Fresh fruit	Grilled Cheese Tomato Soup Veggie Dippers Fresh Fruit	Beefy Nachos Sweet Corn Garden Salad Fresh Fruit
January 23-27	Chicken Fajitas with peppers and onions Black Beans Veggie Dippers Fresh Fruit	Pasta Marinara Green beans Whole wheat roll Caesar Salad Fresh fruit	Hamburger on Whole wheat bun Lettuce/Tomato/Onion Roasted sweet potato wedges Fresh fruit	Baked Ziti with meat sauce Green beans Caesar salad Fresh Fruit	Oven-fried Fish Sweet and Russet potato wedges Sweet Peas Fresh Fruit
January 30-February 3	Cheesy Pizza Green beans Veggie Dippers Fresh Fruit	BBQ Chicken Green beans Mashed potatoes Whole wheat roll Fresh Fruit	Tuna Melt Tomato Soup Veggie Dippers Fresh Fruit	Chicken & Bean Burrito Sweet corn Green Salad Fresh fruit	Beefy Nachos Sweet Corn Garden Salad Fresh Fruit

Additional Daily Options: Turkey & Cheese or PB&J on whole wheat bread served with veggie dippers, yogurt and fresh fruit Or Salad Bar—All Lunches served with 1% Milk and Water. Lower school lunch also served with 100% Juice (Juice made in the USA).