



	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Fresh Pears		January 1 	January 2 NO SCHOOL	January 3 NO SCHOOL	January 4 NO SCHOOL
Spotlight Fruit of the Week: Bananas	January 7 BBQ Chicken Sandwich on a Bun*^ Parsley Redskin Potatoes Cookie* Peaches	January 8 Chicken & Penne Pasta* with Homemade Alfredo Sauce Capri Blend Veggies Mixed Fruit	January 9 Toasted Cheese Sandwich* Baby Carrots Pineapple	January 10 Turkey Soft Tacos* with Garnish Cup & Salsa Refried Beans Corn Applesauce	January 11 Cheese Individual Pan Pizza* Green Beans Pears
Spotlight Fruit of the Week: Fresh Pears	January 14 All-American Cheeseburger on a Bun* Corn Peaches	January 15 Chicken Nuggets* with BBQ Dipping Sauce & Twisted Garlic Breadstick* Baby Carrots Mixed Fruit	January 16 Beef Sloppy Joe on a Bun* Oven-Baked Spiral-Cut French Fries Pineapple	January 17 Chicken Corn Dog* Kettle-Baked Beans Applesauce	January 18 Extra Cheesy Pizza* Sliced Carrots Pears
Spotlight Fruit of the Week: Grapes	January 21 NO SCHOOL	January 22 Chicken-Fried Steak with Mashed Potatoes & Country Gravy Cajun-Style Black-Eyed Peas Mini Cornbread Loaf Strawberry Shortcake Cookie* Mixed Fruit 	January 23 Greek-Style Chicken with Honey Wheat Dinner Roll* Brown Rice* Green Beans Pineapple	January 24 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	January 25 Cheese French Bread Pizza* Baby Carrots Strawberry Kiwi Slushie Pears
Spotlight Fruit of the Week: Bananas	January 28 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	January 29 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Mixed Fruit	January 30 Breaded Chicken Sandwich* with Lettuce & Tomato Corn Kettle-Baked Beans Pineapple	January 31 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Applesauce	



**Available Each Day: Side Salad / Fresh Fruit
Sunbutter & Jelly Sandwich* with Yogurt
1% & Skim White Plus Fat-Free Chocolate Milk**

**=Item contains whole grains / L=Locally sourced
Milk served with lunch contains no artificial growth hormones or antibiotics
Menu is subject to change based on availability and quality of food items*

Color Me Orange/Yellow

We are celebrating orange and yellow fruits and vegetables this month. What are the advantages of eating produce from this color group? Orange and yellow fruits and vegetables promote a healthy heart, vision health, and a stronger immune system. Your school's LunchSmart menu includes a rainbow of fruits and vegetables to enhance student well-being. Eating orange and yellow produce is part of the mix and it tastes good, too.

It is synonymous with Oklahoma roadside diners along Route 66. It is also the star of Oklahoma's official meal. We are talking about chicken-fried steak. Join the **Culinary Explorations** team in **Oklahoma City** for a lunch that does the city proud. Did you know Oklahoma City is one of only two capital cities with their state name as part of the city name? The other is Indianapolis.

