Palmer
Lunch (Traditional Lunch), January - 2023

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
	ENTREE Chicken Nuggets (PK-Gr8) Grilled Cheese Sandwich Yogurt Basket with Cinnamon Pita Crisps **GRAIN** Fresh Baked Dinner Roll **VEGETABLE** Southwest Beans **FRUIT** Applesauce Blueberries Sliced Peaches Strawberries	**ENTREE** Alfredo Pasta Chicken Alfredo Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free) **GRAIN** Fresh Baked Garlic Bread **VEGETABLE** Italian Green Beans **FRUIT** Applesauce Diced Pears Pineapple Chunks Strawberries	**ENTREE** Black Bean Burger Cheeseburger Yogurt Basket with Fresh Baked Blueberry Muffin **VEGETABLE** Chilled Peas **FRUIT** Applesauce Blueberries Sliced Peaches Strawberries	**ENTREE** Broccoli & Cheese Baby Baked Potatoes Grilled Cheese Sandwich Meatloaf **GRAIN** Fresh Baked Garlic Bread **VEGETABLE** Baby Carrots Mashed Potatoes **FRUIT** Applesauce Cantaloupe Fresh Kiwi Strawberries
9 **Monday**	**10** **Tuesday**	**11** **Wednesday**	**12** **Thursday**	**13** **Friday**
ENTREE Mac & Cheese Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free) **VEGETABLE** Chilled Peas **FRUIT** Blueberries Fresh Pear Green Grapes Sliced Peaches	**ENTREE** Cheese Quesadilla Chicken Quesadilla Yogurt Basket with Cinnamon Pita Crisps **VEGETABLE** Cherry Tomatoes Homemade Refried Beans **FRUIT** Applesauce Cantaloupe Fresh Kiwi Strawberries	**ENTREE** Peanut Butter & Jelly Sandwich Penne with Marinara Sauce Penne with Meat Sauce WOW Butter & Jelly Sandwich (Peanut-Free) **VEGETABLE** Garden Greens Salad **FRUIT** Diced Pears Honeydew Melon Pineapple Chunks Red Grapes	**ENTREE** Black Bean Burger Crispy Chicken Sandwich Yogurt Basket with Fresh Baked Blueberry Muffin **VEGETABLE** Sweet Potato Tots **FRUIT** Blueberries Fresh Pear Grapefruit Wedges Sliced Peaches	**ENTREE** Broccoli & Cheese Baby Baked Potatoes Grilled Cheese Sandwich Pulled BBQ Pork Sandwich **VEGETABLE** Steamed Green Beans **FRUIT** Applesauce Cantaloupe Fresh Kiwi Strawberries
16 **Monday**	**17** **Tuesday**	**18** **Wednesday**	**19** **Thursday**	**20** **Friday**
	ENTREE Country Chicken Bowl (Pk-Gr8) Grilled Cheese Sandwich Yogurt Basket with Cinnamon Pita Crisps **GRAIN** Fresh Baked Dinner Roll **VEGETABLE** Sweet Pepper Strips **FRUIT** Applesauce Cantaloupe Fresh Kiwi Strawberries	**ENTREE** Homemade Cheese Pizza Homemade Pepperoni Pizza Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free) **VEGETABLE** Cherry Tomatoes **FRUIT** Diced Pears Honeydew Melon Pineapple Chunks Red Grapes	**ENTREE** All Beef Hot Dog Garden Chili Yogurt Basket with Fresh Baked Blueberry Muffin **GRAIN** Fresh Baked Cornbread **VEGETABLE** Curly Fries **FRUIT** Blueberries Fresh Pear Grapefruit Wedges Sliced Peaches	**ENTREE** Charro Beans Chicken Caliente Grilled Cheese Sandwich **GRAIN** Spanish Rice (Gr PK-8) **VEGETABLE** Broccoli **FRUIT** Applesauce Cantaloupe Fresh Kiwi Strawberries

23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday
ENTREE Bean & Cheese Burrito Beef & Cheese Burrito Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free) **VEGETABLE** Baby Carrots Street Corn **FRUIT** Blueberries Fresh Pear Green Grapes Sliced Peaches	**ENTREE** Cheesy Bread Stick w/ Marinara (Gr K-8) Yogurt Basket with Cinnamon Pita Crisps **VEGETABLE** Cucumber Tomato Salad **FRUIT** Applesauce Cantaloupe Fresh Kiwi Strawberries	**ENTREE** Meat Lasagna Peanut Butter & Jelly Sandwich Spinach Lasagna WOW Butter & Jelly Sandwich (Peanut-Free) **GRAIN** Fresh Baked Garlic Bread **VEGETABLE** Garden Greens Salad **FRUIT** Diced Pears Honeydew Melon Pineapple Chunks Red Grapes	**ENTREE** Italian Sub Sandwich Italian Veggie Sub Sandwich Yogurt Basket with Cinnamon Pita Crisps **VEGETABLE** Southwest Beans **FRUIT** Blueberries Fresh Pear Grapefruit Wedges Sliced Peaches	**ENTREE** Chicken à la King Grilled Cheese Sandwich Vegetarian Chef Salad **VEGETABLE** Mashed Potatoes **FRUIT** Applesauce Cantaloupe Fresh Kiwi Strawberries
30 **Monday**	**31** **Tuesday**			
ENTREE Beef Taco (1) (Gr PK-3) Beef Tacos (2) (Gr 4-12) Peanut Butter & Jelly Sandwich Veggie Tacos WOW Butter & Jelly Sandwich (Peanut-Free) **GRAIN** Spanish Rice (Gr PK-8) **VEGETABLE** Spicy Corn Salad **FRUIT** Blueberries Fresh Pear Red Apple Sliced Peaches	**ENTREE** Chicken Nuggets (PK-Gr8) Roasted Red Pepper Hummus Bowl With Spiced Pita Crisps Yogurt Basket with Cinnamon Pita Crisps **GRAIN** Fresh Baked Dinner Roll **VEGETABLE** Broccoli **FRUIT** Applesauce Red Apple Strawberries Whole Orange			

This institution is an equal opportunity provider.