

# JANUARY 2022

## WAKEFIELD-MARENISCO

### LUNCH



**School Information:** Milk and Water with every meal.

FRUITS AND VEGETABLES DAILY!!!

\*\*\*\*\*Menu subject to change\*\*\*\*\*



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### MONDAY

Chicken Tenders  
Fries

3

### TUESDAY

Taco Wrap

4

### WEDNESDAY

Rotini & Meatballs  
Garlic Bread

5

### THURSDAY

Hot Dogs  
Beans  
Smiley Potatoes

6

### FRIDAY

Pizza  
Salad

7

Chicken Patty  
Nacho Cheese & Chips

10

Taco Salad

11

Meatballs/Gravy  
Butter Noodles  
Dinner Roll

12

Mac & Cheese  
Chicken Sticks

13

Garlic French Bread Pizza  
Marinara

14

Mini Corn Dogs  
Beans  
Chips & Pickles

17

Beefy Nachos

18

PB & J Sandwich  
Cheese Stick  
Yogurt

19

Cheeseburgers  
Fries  
Pickles

20

Chef Salad  
Bosco Sticks

21

Cardinal Bowl  
Biscuit

24

Walking Taco

25

Sloppy Joes  
Tater Tots  
Pickles

26

Chicken Alfredo  
Broccoli  
Garlic Twist

27

Pizza  
Salad

28

Ham & Turkey Subs  
Chips & Pickles

31

