

# JANUARY LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
3	4	5	6	7
10	11	12	13	14
	Chicken Alfredo Pasta w/ Seasoned Peas	Parm Pizza Bites w/ Marinara Dipping Sauce	Cheese Tamale w/ Black Beans	Pepperoni Pizza
17	18	19	20	21
	Chicken Dumplings & Not So Fried Rice w/ Edamame & Peas	BBQ Chicken w/ Baked Beans & Dinner Roll	Grilled Cheese Sandwich w/ Baby Carrots	Pepperoni Pizza
24	25	26	27	28
Cheeseburger w/ Oven Baked Fries	Chicken Tamale w/ Seasoned Mixed Veg	Penne & Meat Sauce	Turkey Nachos w/ Refried Beans & Tortilla Chips	Pepperoni Pizza

Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:
Choice of 1% Low Fat White or Fat Free White Milk or Fat Free Chocolate Milk Fruit & Vegetable of the Day Vegetarian *May include an extra 1/2 cup veg for compliance *All Grains Are Whole Grain Rich	Monday: Baby Carrots (1/4 C) Tuesday: Baby Carrots (1/4 C) Wednesday: Baby Carrots (1/2 C), Cucumber Slices (1/4 C) w/ Tajin Thursday: Celery Sticks (1/4 C), Baby Carrots (1/2 C) Friday: Side Salad - Lettuce, Carrot, Tomato w/ Ranch (0.75 C)	100% Fruit Juice 4 oz, Tangerine (1/2 C), Orange (1/2 C), Apple (1/2 C), Apple Slices (1/2 C), Cranberries (1/2 C), Strawberry Cup (1/2 C), Berry Mixed Cup (1/2 C)	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a> 