



# Shades Mt. Lunch



Meatless Monday Entrée



USDA is an equal opportunity provider & employer

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Breaded Chicken Sandwich  Taco Soup with Tortilla Chips  Fruit/Yogurt Salad Fresh Garden Salad Sweet Potato Fries Fresh Sliced Apples Mandarin Oranges	Chicken Tenders Meatloaf Dinner Roll Hawaiian Chicken Wrap Seasoned Green Beans Mashed Potatoes w/Gravy Fresh Tangerines Canned Peaches Cookie	Beef Taco Salad Chicken Quesadilla Power Salad Seasoned Corn Pinto Beans Fresh Banana Pineapple Tidbits with Blueberries	Corndog Beef Tips & Rice with Roll Trio Salad Steamed Broccoli with Cheese Oven Baked Fries Fresh Grapes Applesauce Pudding Cup	Cheese Sticks w/Marinara Turkey Tetrizzini Ham & Cheese Sandwich Meal Steamed Carrots Breaded Okra Fresh Pear Sports Themed Ice Cup
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Cheese or Pepperoni Pizza  Oriental Lo Mein Bowl  Power Salad Garden Salad Corn & Green Bean Casserole Fresh Sliced Apples Sports Themed Ice Cup	Chicken Nuggets Sliced Pork w/ Gravy Cornbread Club Sandwich Meal Black-Eyed Peas Mashed Potatoes Fresh Grapes Banana Pudding	Hotdog on Bun Beefy Mac & Cheese w/ Dinner Roll Turkey Sandwich Meal Parmesan Zucchini Crisp Potato Rounds Fresh Melon Cup Mandarin Oranges	Crispito Beef Burrito Chicken Caesar Salad Seasoned Corn Pinto Beans Fresh Kiwi Slices Canned Pear Slices Cookie	Hamburger on Bun Chicken Alfredo Garlic Breadstick Ham & Cheese Wrap Meal Cinnamon Sweet Potatoes Seasoned Green Beans Fresh Orange Slices Applesauce
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
No School  Martin Luther King Jr. Day  <i>"I have a dream..."</i>	Pepperoni Hot Pocket BBQ Pork Sandwich Ham & Cheese Sandwich Oven Baked Fries Black Bean Salad 5-way Vegetable Blend Fresh Melon Cup Sliced Pears Cookie	Chicken Nuggets with Roll Sloppy Joe Sandwich Fruit & Yogurt Salad Mashed Potatoes w/Gravy Steamed Squash Pineapple Chunks Fresh Orange Slices	Spaghetti with Meat Sauce Grilled Chicken Sandwich Garlic Breadstick Southwestern Chicken Salad Fresh Garden Salad Yellow Corn Banana Mandarin Oranges Cookie	Personal Pan Cheese or Pepperoni Pizza Cheesy Chicken & Rice Turkey Sandwich Meal Steamed Broccoli Sweet Potato Fries Cucumber Slices w/Dip Fresh Grapes Hawaiian Fruit Cup
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Breaded Chicken Sandwich  Taco Soup with Tortilla Chips  Fruit/Yogurt Salad Fresh Garden Salad Sweet Potato Fries Fresh Sliced Apples Mandarin Oranges Rice Krispy Treat 	Chicken Tenders Meatloaf Dinner Roll Hawaiian Chicken Wrap Seasoned Green Beans Steamed Cabbage Fresh Tangerines Canned Peaches Cookie	Beef Taco Salad Chicken Quesadilla Power Salad Seasoned Corn Pinto Beans Fresh Banana Pineapple Tidbits with blueberries	Corndog Beef Tips & Rice with Roll Trio Salad Steamed Broccoli with Cheese Oven Baked Fries Fresh Grapes Applesauce Pudding Cup	Cheese Sticks w/Marinara Turkey Tetrizzini Ham & Cheese Sandwich Meal Steamed Carrots Breaded Okra Fresh Pear Sports Themed Ice Cup