

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée Salad Protein of the Week: Shredded Mozzarella Cheese</i>	January 7 BBQ Chicken Hoagie with Cheese* Parsley Redskin Potatoes Organic and/or Local Rainbow Salad & Fruit Bar	January 8 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Organic and/or Local Rainbow Salad & Fruit Bar	January 9 BBQ Turkey Burger on a Pretzel Roll* Baby Carrots Organic and/or Local Rainbow Salad & Fruit Bar	January 10 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Refried Beans Brown Rice* Sliced Carrots Organic and/or Local Rainbow Salad & Fruit Bar	January 11 Toasted Cheese Sandwich Italiano* with Handmade Beef Vegetable Soup OR Veggie or Cheese Personal Pan Pizza* California Blend Veggies Organic and/or Local Rainbow Salad & Fruit Bar
<i>Entrée Salad Protein of the Week: Chicken Breast</i>	January 14 Grilled Chicken Parmesan Sandwich on a Bun* California Blend Veggies Organic and/or Local Rainbow Salad & Fruit Bar	January 15 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Organic and/or Local Rainbow Salad & Fruit Bar	January 16 All-Beef Hot Dog on a Bun* with Chicago-Style Garnishes Oven-Baked Crinkle-Cut French Fries Blue Raspberry Lemonade Slushie Organic and/or Local Rainbow Salad & Fruit Bar	January 17 Greek Lemon Pepper Chicken with Brown Rice* & Honey Wheat Dinner Roll* Green Beans Organic and/or Local Rainbow Salad & Fruit Bar	January 18 Handcrafted Mac & Cheese* & Honey Wheat Dinner Roll* OR Veggie or Extra Cheesy Pizza* Green Peas Organic and/or Local Rainbow Salad & Fruit Bar
<i>Entrée Salad Protein of the Week: Shredded Cheddar Cheese</i>	January 21 Grilled Chicken Sandwich on a Bun* with Lettuce & Tomato California Blend Veggies Organic and/or Local Rainbow Salad & Fruit Bar	January 22 All-Beef Steakburger with Cheese on a Bun* Kettle-Baked Beans Organic and/or Local Rainbow Salad & Fruit Bar	January 23 Chicken-Fried Steak with Mashed Potatoes, Country Gravy Cajun-Style Black-Eyed Peas Strawberry Shortcake Cookie* Organic and/or Local Rainbow Salad & Fruit Bar	January 24 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Organic and/or Local Rainbow Salad & Fruit Bar	January 25 BBQ Pulled Pork on a Pretzel Roll*^OR Veggie or Cheesy Marinara French Bread Pizza* Green Beans Organic and/or Local Rainbow Salad & Fruit Bar
<i>Entrée Salad Protein of the Week: Organic Hard Boiled Egg</i>	January 28 Orange Chicken Brown Rice* Sliced Carrots Organic and/or Local Rainbow Salad & Fruit Bar	January 29 Turkey Sloppy Joe with Homemade Sauce on a Bun* Corn Organic and/or Local Rainbow Salad & Fruit Bar	January 30 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Organic and/or Local Rainbow Salad & Fruit Bar	January 31 Rotini* with Homemade Meat Sauce Broccoli Florets Organic and/or Local Rainbow Salad & Fruit Bar	



Freshly Prepared Additional Vegetarian Entrées
Organic and/or Locally Grown Rainbow Salad Bar and Assorted Fresh Fruit (depending on seasonality)
Sunbutter & Jelly Sandwich* with Organic Vanilla Yogurt
Skim & 1% White Milk (Chocolate Skim Milk Also Available on Fridays)

- Monday** – Gardenburger on a Bun*
- Tuesday** – Bosco Stick* with Marinara
- Wednesday** – Roasted Veggie and Hummus Wrap*
- Thursday** – Bean & Red Chili Burrito with Salsa*
- Friday** – Pizza*: Vegetable or Cheese Options

*=Item contains whole grains / ^=contains pork / =Locally grown / 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.



This institution is an equal opportunity employer