

JANUARY 2022 Fairmount Lunch Menu

| Monday 1/3 | Tuesday 1/4 | Wednesday 1/5 | Thursday 1/6 | Friday 1/7 |
|---|---|---|--|--|
| <p>Chssesburger on a Whole Grain Bun</p> <p>Sweet Potato Fries Baby Carrots</p> <p>Diced Peaches</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Whole Grain Chicken Tenders with Barbecue Dipping Sauce</p> <p>Macaroni and Cheese Mixed Vegetables</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Ground Beef Nachos</p> <p>Italian Blend Vegetables Refried Beans</p> <p>Apple Sauce</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Baked Ziti with Ricotta and Mozzarella</p> <p>Seasoned Broccoli Garlic Bread Stick</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Steamed Broccoli, Garden Salad with Low Fat Dressing</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> |
| Monday 1/10 | Tuesday 1/11 | Wednesday 1/12 | Thursday 1/13 | Friday 1/14 |
| <p>Salisbury Steak and Gravy</p> <p>Steamed Brown Rice, Key Largo Vegetable Blend</p> <p>Mixed Grapes</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Whole Grain Fish Sticks with Tarter Sauce</p> <p>Baked Sweet Potato Fries with Ketchup, California Blend Vegetables</p> <p>Apple Sauce</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Grilled Cheese and Tomato Soup</p> <p>Steamed Brown Rice, Seasoned Cauliflower</p> <p>Fresh Melon</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Oven Fried Chicken and Waffles</p> <p>Steamed Corn on the Cob, Oven Roasted Potatoes</p> <p>Mixed Grapes</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Steamed Broccoli, Garden Salad with Low Fat Dressing</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> |
| Monday 1/17 | Tuesday 1/18 | Wednesday 1/19 | Thursday 1/20 | Friday 1/21 |
| <p>No School</p> | <p>Meatloaf with Brown Gravy</p> <p>Seasoned Green Beans, Mashed Potatoes</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Baked Fries Key Largo Vegetables</p> <p>Mandarin Oranges</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Baked Home-style Macaroni and Cheese</p> <p>Key Largo Vegetables, Cheesy Garlic Bread</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>No School</p> |
| Monday 1/24 | Tuesday 1/25 | Wednesday 1/26 | Thursday 1/27 | Friday 1/28 |
| <p>Beef Lasagna with Marinara</p> <p>Steamed Broccoli, Seasoned Baby Carrots</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Sweet and Sour Chicken</p> <p>Steamed Brown Rice, Asian Blend Vegetables</p> <p>Apple Sauce</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Yankee Pot Roast with Brown Gravy</p> <p>Garlic Mashed Potatoes, California Blend Vegetables</p> <p>Tropical Fruit Salad</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Scrambled Eggs with Cheese, Sausage Patty, and French Toast</p> <p>Home Fried Potatoes, Mediterranean Grilled Vegetables</p> <p>Fresh Melon</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | <p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>German Blend Vegetables, Garden Salad with Low Fat Dressing</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> |
| Monday 1/31 | | | | |
| <p>General Tso's Chicken</p> <p>Seasoned Broccoli Garlic Bread Stick</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p> | | | | |