



January

2021

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



Monday

Tuesday

Wednesday

Thursday

Friday

Blank

Blank

Blank

Blank

1

Pizza Bread
Rippers
Vegetables
Fruit, Milk 4

Chicken
Nuggets
Dinner Roll
Vegetables
Fruit, Milk 5

Corndog
Sun Chips
Vegetables
Fruit, Milk 6

Cheese or
Pepperoni
Pizza
Vegetables
Fruit, Milk 7

Macaroni &
Cheese
Vegetables
Fruit, Milk 8

Garlic Cheese
Bread
Rippers
Vegetables
Fruit, Milk 11

Hamburger
Tater Tots
Vegetables
Fruit, Milk 12

Chicken
Strips
Waffles
Vegetables
Fruit, Milk 13

Cheese or
Pepperoni
Pizza
Vegetables
Fruit, Milk 14

Cheesy
Breadsticks
Marinara Cup
Vegetables
Fruit, Milk 15

MLK Holiday
No School 18

Chicken Burger
Potato
Wedges
Vegetables
Fruit, Milk 19

Popcorn
Chicken
Muffin
Vegetables
Fruit, Milk 20

Cheese or
Pepperoni
Pizza
Vegetables
Fruit, Milk 21

Mini Cheese
Calzones
Marinara Cup
Vegetables
Fruit, Milk 22

Pizza Bread
Rippers
Vegetables
Fruit, Milk 25

Chicken
Nuggets
Dinner Roll
Vegetables
Fruit, Milk 26

Corndog
Sun Chips
Vegetables
Fruit, Milk 27

Cheese or
Pepperoni
Pizza
Vegetables
Fruit, Milk 28

Teacher Day
No School 29

Announcements

Grab & Go Lunch Menu

Daily Entrée Option:
Peanut Butter Jammer
and Cheese Stick

Daily Milk Options:
1% White Milk
Nonfat Chocolate Milk

Please Pre-Order Meals
engage.rsd407.org/foodservice

Meal Prices

Breakfast and Lunch
are FREE for all
Children age 18
and Under.