

# JANUARY 2022



# LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Chicken fajita on whole grain wrap w/ toppings, corn & black bean salad	<b>4</b> Grilled cheese on whole grain bread, veggie sticks, whole grain chips, yogurt	<b>5</b> Turkey and cheddar on whole grain bun, veggie sticks, graham crackers	<b>6</b> Hamburger w/ toppings on whole grain bun, potato wedges	<b>7</b> Whole grain tortilla chips, hummus, turkey, cheddar, veggie sticks
<b>10</b> Meatball sub w/ mozzarella cheese, pretzels and hummus, veggie sticks	<b>11</b> Whole grain bagel, cream cheese, veggie sticks, yogurt, cheddar cheese	<b>12</b> Ham and cheese on whole grain bread, lettuce, tomato, broccoli salad, whole grain chips	<b>13</b> Whole grain chicken patty on bun, sweet potato fries, corn	<b>14</b> Whole grain cheese pizza, veggie sticks, frozen fruit cup
<b>17</b> <b>NO SCHOOL</b>	<b>18</b> Whole grain macaroni and cheese, steamed broccoli, yogurt	<b>19</b> Baked potato with toppings, ham, broccoli, whole grain roll	<b>20</b> Taco (beef) w/ cheddar, salsa, lettuce, on whole grain shell, refried beans	<b>21</b> Whole grain chicken nuggets, potato wedges, veggie sticks
<b>24</b> Sloppy Joe on whole grain bun, baked beans, green beans	<b>25</b> Ham and cheese on whole grain bread, lettuce, tomato, pretzels and hummus, veggie sticks	<b>26</b> Whole grain cheese quesadilla, salsa, black bean and corn salad	<b>27</b> Breakfast sandwich- whole grain English muffin, egg, cheese, turkey sausage, hash brown	<b>28</b> Whole grain pasta and chicken with pesto, whole grain roll, salad
<b>31</b> Turkey and cheddar on whole grain wrap, lettuce, tomato, corn and tomato salad				<b>Choice of 1% milk or fat free chocolate milk</b> <b>Fruit served daily</b>

**Bishop John A. Marshall School educates children of all faiths to achieve academic excellence, challenging them to fully develop their God-given talents with commitment to truth, compassion, self-discipline, and love for all, in accordance with the teachings of the Catholic Church.**

*This institution is an equal opportunity provider*

*Menu subject to change*