

# Mission January

Date	Hot Lunch	Vegetarian Lunch	Fruit / Veggie	Sandwich + Side & Baked Treat
<b>Monday January 6</b>	Chicken Chow Mein	Tofu Chow Mein	Pineapple Cup	Salami & Mozzarella Pizza Sandwich with a Mandarin & Brownie
<b>Wednesday January 8</b>	BBQ Chicken with Roasted Potatoes & Carrots	BBQ Veggie Balls with Roasted Potatoes & Carrots	Apple Yogurt Parfait	Chicken Taco Wrap with an Apple & Yogurt
<b>Friday January 10</b>	Fun Lunch! Beef Hot Dogs with Chips & Fruit	Fun Lunch! Veggie Hot Dogs with Chips & Fruit	Grape Cup	Chicken Salad Sandwich with Peach Cup & Granola Bar
<b>Monday January 13</b>	Crispy Chicken Bites with Wedge Fries	Crispy Veggie Strips with Wedge Fries	Mango Yogurt Parfait	Deli Turkey Sandwich with an Apple & Chex Mix
<b>Wednesday January 15</b>	BBQ Chicken on Vegetable Rice	BBQ Tofu on Vegetable Rice	Fruit Cup	Chicken Bacon Wrap with a Mandarin & Zucchini Cake
<b>Friday January 17</b>	New! Beef Ravioli with Creamy Tomato Sauce	New! Cheese Ravioli with Creamy Tomato Sauce	Peach Yogurt Parfait	Ham & Cheese Sandwich with Carrots + Dip & Banana Muffin

Date	Hot Lunch	Vegetarian Lunch	Fruit / Veggie	Sandwich + Side & Baked Treat
Monday January 20	Butter Chicken on Rice with Fruit	Butter Chickpeas on Rice With Fruit	Grape Cup	Salami & Mozzarella Pizza Sandwich with Strawberry Apple Sauce & Granola Trail Mix
Wednesday January 22	Beef Meatballs & Carrots on Mashed Potatoes & Gravy	Veggie Balls & Carrots on Mashed Potatoes & Gravy	Peach Yogurt Parfait	Chicken Caesar Wrap with a Mandarin & Yogurt
Friday January 24	Chicken Burgers with Chips & Apple Sauce	Veggie Burgers with Chips & Apple Sauce	Melon Cup	BBQ Chicken Wrap with Cucumber + Dip & Salted Caramel Cookie
Monday January 27	Bacon Mac & Cheese with Fruit	Mac & Cheese with Fruit	Blackberry Yogurt Parfait	Greek Chicken Wrap with Carrots + Dip & Double Chocolate Cookie
Wednesday January 29	Beef Lasagna with Buttered Corn	Veggie Lasagna with Buttered Corn	Fruit Cup	Bacon & Egg Salad Sandwich with Peach Cup & Granola Trail Mix
Friday January 31	Chicken Dumplings on Fried Rice	Veggie Dumplings on Fried Rice	Mango Yogurt Parfait	Tandoori Chicken Wrap with Apple Sauce & Zucchini Cake