







SULS: January Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Chicken Sandwich Turkey Corndog Chef salad/roll Curly Fries Cucumber tomato salad Chilled peaches/Grapes Lett & tomato
8 Chicken & Sausage Jambalaya Seasoned Collards Glazed Carrots Ham & Cheese wrap Orange/Tropical Fruit Lettuce & tomatoes	9 Turkey Nachos Spicy Chicken Sandwich Caesar salad Mexican Pinto beans Banana/Red grapes Lettuce & tomatoes	10 Popcorn Chicken Mashed potato/roll Turkey Corndog Caesar Salad Seasoned Corn Glazed Carrots Apple/Diced Pears	11 Italian Meat sauce over Rotini/roll Caesar salad/Chic Sand Dinner roll Mixed Vegetables Tossed Salad Banana/Red grapes	12 Cheeseburger Pepperoni pizza Caesar Salad Potato Wedges Tossed salad Orange/Diced pears Lettuce & Tomatoes
15 MLK Holiday	16 Chicken Nachos Turkey Taco salad Fiesta rice Mexican corn Black beans Chilledpeaches/Apple Lett & Tomato	17 Salisbury Steak Mashed Potatoes Chef salad/Dinner roll SChickenWrap/doritos Seasoned green beans Chilledpeaches/Banana Milk of choice	18 Smothered Chicken Over rice Philly Steak wrap Chef Salad/roll Broccoli/Carrots ChilledPeaches/Orange Lett & Tomato	19 Spicy Chicken Sandwich Cheese pizza Chef salad/roll Curly Fries Cucumber tomato salad Chilled peaches/Grapes Lett & tomato
22 Chicken Alfredo Chef salad/Garlic roll Seasoned Collards Meatball Sub Seasoned broccoli Chilled pears/Apple Lett & tomato	23 Turkey Nachos Mexicali pinto beans Taco Salad/Fun Lunch Fiesta rice Seasoned corn Grapes/Banana Lettuce & tomato	24 Red Beans & Sausage Over rice Spicy Chicken /Chef Salad Cauliflower Tossed side salad Orange/chilled pears Lettuce & tomato	25 Smothered Pork chop Rice/roll Cheeseburger Chef Salad Spinach/carrots Apple/grapes Lettuce & tomatoes	26 Pepperoni pizza Meatball Sub Chef Salad/roll Mac & cheese Sweet potato fries Mixed vegetables Orange/chilled pears
29 Pepperoni Pizza Casserole Chef salad/Roll Ham & Cheese wrap Seasoned green beans Broccoli/Carrots Tropical Fruit /Apple Lettuce & tomatoes	30 Turkey Nachos Taco Salad/Hburger Fiesta rice Mexicali Corn Mexican pinto beans Banana/Tropical fruit Lettuce & tomatoes	31 Chicken & Sausage Gumbo over rice Seasoned Collards Glazed Carrots Ham & Cheese wrap Orange/Tropical Fruit Lettuce & tomatoes	 Vegetarian  Locally Grown Milk of choice is served with all meals	

New Year, New Menu!

SULS: January Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Assorted muffins Trix Yogurt Assorted Cereal Graham cracker Red Apple 100% Fruit juice Milk of choice
8 Sausage Biscuits Assorted Cereal Graham cracker Apple 100% Fruit juice Milk of choice	9 Sausage Pancake Stick Assorted cereal Graham cracker Banana 100% Fruit juice Milk of choice	10 French Toast Sticks Sausage Assorted Cereal Graham Cracker Apple 100% Fruit juice Milk of choice	11 Chicken Biscuit Assorted Cereal Graham Crackers Orange 100% Fruit Juice Milk of Choice	12 Warm Cinn. Toast Cereal Bar Assorted Cereal Graham Cracker Banana 100% Fruit juice Milk of choice
15 MLK Holiday	16 Cheddar Grits Assorted Pop tarts Mozzarella Stick Orange 100% Fruit juice Milk of choice	17 Ham & Cheese biscuit Assorted Cereal Graham Crackers Banana 100% Fruit juice Milk of choice	18 Breakfast pizza Assorted Cereal Graham Crackers Apple 100% Fruit juice Milk of choice	19 Apple Frudel Mozzarella Stick Assorted Cereal Graham Crackers Green Apple 100% Fruit juice Milk of choice
22 Ham & cheese English Muffin Assorted Cereal Graham cracker Orange 100% Fruit juice Milk of choice	23 Grits & Scrambled Eggs Assorted Cereal Graham crackers Banana 100% Fruit juice Milk of choice	24 Chicken Biscuits Assorted Cereal Graham cracker Apple 100% Fruit juice Milk of choice	25 Sausage Pancake Stick Assorted Cereal Graham Cracker Banana 100% Fruit juice Milk of choice	26 Warm Cinn. Toast Cereal Bat Assorted Cereal Graham cracker Orange 100% Fruit juice Milk of choice
29 Breakfast Pizza Assorted Cereal Graham cracker Red Apple 100% Fruit juice Milk of choice	30 Grilled Cheese Sandwich Assorted Cereal Graham cracker Orange 100% Fruit juice Milk of choice	31 Sausage Pancake stick Assorted Cereal Graham Crackers Banana 100% Fruit Juice Milk of Choice	 Vegetarian  Locally Grown	