



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right



LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mini Corn Dogs
Buttered Noodles
Peas
Mixed Fruit

05

Super Nachos
Lettuce Salad
Pears

06

Fish sticks
Dinner Roll
Baked Beans
Peaches

07

Hot Ham & Cheese
Cauliflower
Bananas

01

Pizza
Steamed Carrots
Fruit
Cookie

02

Chicken Nuggets
Mashed Potatoes
Steamed Carrots
Pears

12

Spaghetti with meat balls
Garlic Bread
Green Beans
Mixed Fruit

13

Hamburger Stroganoff
Mixed Vegetables
Mandarin Oranges
Ice Cream

14

Chili
Crackers
Celery w PB
Pineapple

15

Turkey, Ham & Cheese Wrap
Lettuce Salad
Fruit

16

Meatballs
Buttered Noodles
Steamed Carrots
Pears

19

Tacos
Peas
Peaches

20

Cold Turkey Sandwich
Lettuce Salad
Banana
Cake

21

Pork Chop Patty
Rice
Broccoli w/cheese
Mixed Fruit

22

Hot Dog
Chips
Celery w/PB
Fruit

23

Slice of Ham
Hash Brown Square
Baked Beans
Pineapple

26

Goulash
Cauliflower w/cheese
Mandarin Orange

27

Sliced Turkey w/gravy
Mashed Potatoes
Green Beans
Pears

28

Chicken Fajitas
Mixed Vegetables
Peaches
Brownies

29

Hamburger on Bun
French Fries
Carrots & Cucumbers
Fruit

30



School Information:
SS Andrew Thomas School

JANUARY 2026