



# JANUARY | 2024

## Grab and Go Menu

### MONDAY

**1** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 Cup Asian Edamame Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**8** Roasted Turkey and Provolone  
Sub  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Cowboy Corn Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**15** Sliced Chicken and Turkey Bacon  
Sandwich  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 ½ Cup Baby Carrots  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**22** Buffalo Chicken and Cheddar  
Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Coleslaw  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**29** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 Cup Asian Edamame Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

### TUESDAY

**2** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 Cup Coleslaw  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**9** Roasted Turkey and Provolone  
Sub  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Asian Edamame Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**16** Sliced Chicken and Turkey Bacon  
Sandwich  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Broccoli Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**23** Buffalo Chicken and Cheddar  
Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 ½ Cup Baby Carrots  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**30** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 Cup Coleslaw  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

### WEDNESDAY

**3** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 ¼ Cup Baby Carrots  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**10** Roasted Turkey and Provolone  
Sub  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Coleslaw  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**17** Sliced Chicken and Turkey Bacon  
Sandwich  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Cowboy Corn Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**24** Buffalo Chicken and Cheddar  
Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Broccoli Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**31** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 ¼ Cup Baby Carrots  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

### THURSDAY

**4** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 Cup Broccoli Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**11** Roasted Turkey and Provolone  
Sub  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 ¼ Cup Baby Carrots  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**18** Sliced Chicken and Turkey Bacon  
Sandwich  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Asian Edamame Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**25** Buffalo Chicken and Cheddar  
Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Cowboy Corn Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**1** Chef Salad  
(2 oz. **M/MA**)  
2 oz. **WG** Cheese Crackers  
1 Cup Broccoli Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

### FRIDAY

**5** Chicken Caesar Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Cowboy Corn Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**12** Chicken Caesar Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Broccoli Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**19** Chicken Caesar Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Coleslaw  
Choice of Fruit Cup and/or Juice  
8 oz. Milk

**26** Chicken Caesar Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Asian Edamame Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

**2** Chicken Caesar Wrap  
(2 oz. **WG**, 2 oz. **M/MA**)  
1 Cup Cowboy Corn Salad  
Choice of 4 oz. Fruit Cup and/or  
Juice  
8 oz. Milk

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\*1% white milk Fat Free chocolate milk offered. Nutrient content and ingredients are available upon request. No pork or nut products offered.\*