

**Fresh, Healthy, Good Food
Every Day!**



This institution is an equal opportunity provider

January 2019 Prairie Seeds Academy 6-8 Pizza EOW Fridays with Salad Bar

Week 6	Monday, December 31, 2018	Tuesday, January 1, 2019	Wednesday, January 2, 2019	Thursday, January 3, 2019	Friday, January 4, 2019
Hot Lunch		Creamy Mac & Cheese Dinner Roll Salad Bar Banana	Taco in a Bag Nacho Cheese Chips, Seasoned Beef Shredded Lettuce, Cheese & Cilantro Salad Bar Applesauce Cup	Asian Chicken Leg Dinner Roll Mashed Potatoes Salad Bar Chilled Pineapple	Fresh Hot Pizza Salad Bar Mandarin Oranges
Vegetarian Deli Sandwich Deli Salad		Cheese Ravioli w/Red Sauce Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Cheeseburger Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	French Toast Sticks (6) & Syrup Chix Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Lime Chicken w/Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 1	Monday, January 7, 2019	Tuesday, January 8, 2019	Wednesday, January 9, 2019	Thursday, January 10, 2019	Friday, January 11, 2019
Hot Lunch	Chicken Sandwich Pickles & CKC Fritter Sauce Goldfish Pretzels Salad Bar Varietal Apple	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Bag of Munchies Salad Bar Banana	BBQ Chicken Drummy Dinner Roll Salad Bar Applesauce Cup	General TSO's Chicken Steamed Seasoned Rice Salad Bar Chilled Pineapple	Beef Pho Dinner Roll Salad Bar Mandarin Oranges
Vegetarian Deli Sandwich Deli Salad	Double Cheese Omelet Turkey & Lettuce Sand or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Enchilada Egg Salad & Lettuce Bun or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Veggie Burger Grilled Curry Chix & Lettuce on Ciabatta or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Bean & Cheese Burrito w/Cholula Hot Sauce Chicken Craisin & Lettuce Sandwich or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Macaroni & Cheese Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 2	Monday, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019	Friday, January 18, 2019
Hot Lunch	Orange Chicken Seasoned Brown Rice Salad Bar Varietal Apple	Cheeseburger WG Bun, Ketchup, Mustard & Pickles Funyuns Salad Bar Banana	CKC Coconut Curry Dinner Rolls & Mashed Potatoes Salad Bar Applesauce Cup	Golden Chicken Tenders Ketchup & Ranch Sauce Dinner Roll Salad Bar Chilled Pineapple	Fresh Hot Pizza Salad Bar Mandarin Oranges
Vegetarian Deli Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Chicken (No Nut Pesto) & Lettuce Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Honey Mustard Chix & Lettuce Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	French Toast Sticks (6) & Syrup Turkey & Lettuce Sand or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	The Max Cheese Stick & Italian Ranch Citrus Chicken Salad w/Lettuce Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Pizza Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 3	Monday, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019
Hot Lunch	Corn Dog Ketchup & Mustard Cheetos Salad Bar Varietal Apple	Spicy Chicken Nuggets Ketchup & Ranch Salad Bar Banana	Hmong Sausage Steamed Seasoned Rice Salad Bar Applesauce Cups	Hamburger Flamas Salad Bar Chilled Pineapple	Shredded BBQ Chicken Mashed Potato Boat BBQ Shredded Chicken & Mashed Potatoes Biscuit & Margarine Salad Bar Mandarin Oranges
Vegetarian Deli Sandwich Deli Salad	Cheese Enchilada Sesame Chicken & Lettuce on Ciabatta or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Egg Fried Rice Chix Chutney Salad & Lettuce Sandwich or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Garlic Twisted Mozzarella Stuffed Breadstick Mediterranean Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Veggie Cheese Burger Grilled Greek Chicken Bun or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	Cheese Ravioli w/Red Sauce Turkey & Lettuce Sand or Chz Sand Grilled Chicken Power Salad (Vegetarian Option)
Week 4	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 1, 2019
Hot Lunch	Stuffed Shells w/Red Sauce Dinner Roll Salad Bar Varietal Apple	Sloppy Joe WG Bun Funyuns Salad Bar Banana	Hmong Chicken & Pepper Sauce Steamed Seasoned Rice Salad Bar Applesauce Cup	Chicken Carnitas Taco WG Tortilla, Shredded Lettuce, Cilantro & Cheese Corn Chips Salad Bar Chilled Pineapple	
Vegetarian Deli Sandwich Deli Salad	Pancakes & Syrup w/Veggie Sausage Grilled Herb Chicken Bun or Chz Sand Grilled Chicken Caesar (Vegetarian Option)	Cheese Quesadilla & Cholula Hot Sauce Grilled Curry Chix & Lettuce on Ciabatta or Chz Sand Grilled Asian Chicken Salad (Vegetarian Option)	Egg Fried Rice Egg Salad & Lettuce Bun or Chz Sand Grilled Chicken Southwest Taco (Vegetarian Option)	Cheese Bosco Stick & Italian Ranch Turkey & Lettuce Sand or Chz Sand Grilled Bistro Chicken Salad (Vegetarian Option)	