



### Mandarin

A ½ cup of mandarins is an excellent source of vitamin C and a good source of vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection.

#### Meal Prices

**Breakfast:** Free to all  
Adult: \$4.59

**Lunch:** Free to all  
Adult: \$5.94

## TK – 12 Lunch Menu January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School	Winter Break No School
10	11	12	13	14
Chicken Burger or Veggie Burger Sweet Potato Fries	Pasta Bolognese or Grilled Cheese Sandwich	Beef & Bean Nachos or Bean & Cheese Nachos	Deli Sub or Bean & Rice Burrito	Pepperoni or Cheese Pizza
17	18	19	20	21
Martin Luther King Day No School	Beef Tacos or Bean Tacos Spanish Rice	Bean & Cheese Pupusa with Curtido or Turkey & Cheese Sandwich	Hamburger or Veggie Burger Potato Crisps	Pepperoni or Cheese Pizza
24	25	26	27	28
WG Corn Dog or Turkey & Cheese Sandwich	Beef Meatballs & Mashed Potatoes w/Gravy or Grilled Cheese Sandwich	Chile & Cheese Tamale or Cheese Quesadilla	Deli Sub or Bean & Rice Burrito	Pepperoni or Cheese Pizza
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	Pasta Bolognese or Grilled Cheese Sandwich			