

Monthly Meal Plan - January 2024

^ denotes vegetarian meals and # gluten-free

School Day	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
JAN 8 (Mon)	Meatball Pasta + Tomato Sauce	Egg & Chicken Fried Rice	Baked Chicken Strips + French Fries	Ham & Cheese Sandwich	Cucumber Rolls + Edamame Beans ^ #	Pasta + Tomato Sauce ^
JAN 9 (Tue)	Mac & Cheese ^	Chicken Burger + Hashbrown	Bacon/Egg/Sausage Wrap + Cheese Perogies	Beef Hot Dog + French Fries	Chicken Onigiri Rice Balls + Edamame Beans #	Veggie Burger + Hashbrown ^
JAN 10 (Wed)	Chicken Pasta + White Sauce	Soy Sauce Chicken + Dry Noodle	Two Chicken Hot Dogs	Cheese & Egg English Muffin + Cheese Perogies ^	Baked/Breaded Fish Rolls + Edamame Beans	Plain Pasta (with Olive Oil) + Vegetables
JAN 11 (Thur)	Mac & Cheese + Bacon Bits	Beef Burger + Hashbrown	Baked Fish Wrap + Cheese Perogies	Soy Sauce Chicken + White Rice	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread	Veggie Wrap + Cheese Perogies ^
JAN 12 (Fri)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Baked Chicken Nuggets + Brioche Bun	Turkey & Cheese Sandwich	Tamago (Egg) Rolls + Edamame Beans ^ #	Greek Salad (with Feta cheese) + Pita Bread ^
JAN 15 (Mon)	Mac & Cheese ^	Cheesy Beef Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Chicken Hot Dog + French Fries	Beef Onigiri Rice Balls + Edamame Beans	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^
JAN 16 (Tue)	Chicken Pasta + White Sauce	Chicken Dumplings + Dry Noodle	Two Beef Hot Dogs	Turkey & Egg English Muffin + Cheese Perogies	Cucumber Rolls + Edamame Beans ^ #	Egg & Cheese Sandwich ^
JAN 17 (Wed)	Mac & Cheese + Bacon Bits	Chicken Burger + Hashbrown	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Teriyaki Chicken + White Rice	Chicken Dumplings	Veggie Dog + French Fries ^
JAN 18 (Thur)	Meatball Pasta + Tomato Sauce	Egg & Chicken Fried Rice	Baked Chicken Strips + French Fries	Bacon & Cheese Sandwich	Baked/Breaded Fish Rolls + Edamame Beans	Egg Fried Rice ^ #
JAN 19 (Fri)	Mac & Cheese ^	Beef Burger + Hashbrown	Bacon/Egg/Sausage Wrap + Cheese Perogies	Beef Hot Dog + French Fries	Tuna Onigiri Rice Balls + Edamame Beans #	Ceasar Salad (with Cheddar cheese) + Pita Bread ^
JAN 22 (Mon)	Chicken Pasta + White Sauce	Soy Sauce Chicken + Dry Noodle	Two Chicken Hot Dogs	Bacon & Egg English Muffin + Cheese Perogies	Tamago (Egg) Rolls + Edamame Beans ^ #	Pasta + Tomato Sauce ^
JAN 23 (Tue)	Mac & Cheese + Bacon Bits	Cheesy Beef Burger + Hashbrown	Baked Fish Wrap + Cheese Perogies	Soy Sauce Chicken + White Rice	Chicken Onigiri Rice Balls + Edamame Beans #	Veggie Burger + Hashbrown ^
JAN 24 (Wed)	Meatball Pasta + Tomato Sauce	Egg & Ham Fried Rice	Baked Chicken Nuggets + Brioche Bun	Ham & Cheese Sandwich	Cucumber Rolls + Edamame Beans ^ #	Plain Pasta (with Olive Oil) + Vegetables
JAN 25 (Thur)	Mac & Cheese ^	Chicken Burger + Hashbrown	Baked Chicken Wrap + Cheese Perogies	Chicken Hot Dog + French Fries	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread	Veggie Wrap + Cheese Perogies ^
JAN 26 (Fri)	Chicken Pasta + White Sauce	Chicken Dumplings + Dry Noodle	Two Beef Hot Dogs	Cheese & Egg English Muffin + Cheese Perogies ^	Baked/Breaded Fish Rolls + Edamame Beans	Greek Salad (with Feta cheese) + Pita Bread ^
JAN 29 (Mon)	Mac & Cheese + Bacon Bits	Beef Burger + Hashbrown	Baked Cheesy Chicken Quesadillas + Cheese Perogies	Teriyaki Chicken + White Rice	Beef Onigiri Rice Balls + Edamame Beans	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^
JAN 30 (Tue)	Meatball Pasta + Tomato Sauce	Egg & Chicken Fried Rice	Baked Chicken Strips + French Fries	Turkey & Cheese Sandwich	Tamago (Egg) Rolls + Edamame Beans ^ #	Egg & Cheese Sandwich ^
JAN 31 (Wed)	Mac & Cheese ^	Cheesy Beef Burger + Hashbrown	Bacon/Egg/Sausage Wrap + Cheese Perogies	Beef Hot Dog + French Fries	Chicken Dumplings	Veggie Dog + French Fries ^