

# SAMPLE FUEL UP MENU

HOT ENTRÉE SM \$5, LG \$5.75 SERVED WITH FRUIT AND/OR VEGETABLE OF THE DAY  
 COLD ENTRÉE SM \$5, LG \$5.75 SERVED WITH FRUIT AND/OR VEGETABLE OF THE DAY  
 FRUIT \$1.50 | BAKING \$1.50  
 REGULAR MILK \$1.50 | (SOY) CHOCOLATE MILK \$1.50

## WHAT'S NEW THIS MONTH??

FUN LUNCH - PEPPERONI PIZZA POCKETS  
 TRY OUR NEW CHOCOLATE COOKIE  
 "TRY IT" LUNCH - KOREAN FOOD

	HOT ENTREE	COLD ENTREE	FRUIT OPTION	BAKING OPTION
JANUARY 4 - MON	BEEF/VEGGIE LASAGNA	EGG SALAD SANDWICH (V) (GF)	APPLE YOGURT PARFAIT	RICE CRISPY SQUARE
JANUARY 5 - TUES	MEATBALLS AND GRAVY ON MASH	JACKFRUIT TACO WRAP (V) (GF)	PINEAPPLE CUP	CHOCOLATE CHIP COOKIE (GF)
JANUARY 6 - WED	MEAT/VEGGIE SAUCE ON BOWTIE PASTA	CORN BEAN QUESADILLA (V) (GF)	BLUEBERRY YOGURT PARFAIT	CHOCOLATE ZUCCHINI LOAF (GF)
JANUARY 7 - THURS	JPEPPERONI/VEGGIE PIZZA POCKETS	HAM AND CHEESE SANDWICH (GF)	WATERMELON CUP	TRIPLE BERRY OAT BAR (GF)
JANUARY 8 - FRI	CHICKEN BURRITO	SALSA BEAN WRAP (V) (GF)	BERRY CUP	PUMPKIN LOAF (GF)
WEEKEND				
JANUARY 11 - MON	MEATBALL MARINARA RICE BOWL	EGG SALAD SANDWICH (V) (GF)	BERRY YOGURT PARFAIT	TRIPLE BERRY OAT BAR (GF)
JANUARY 12 - TUES	GREEK CHICKEN/TOFU & CHICKPEA RICE BOWL (V)(GF)	BLA SANDWICH (GF)	PINEAPPLE CUP	CHOCOLATE CHIP CEREAL COOKIE (GF)
JANUARY 13 - WED	BEEF/VEG SHEPHERD'S PIE (V)(GF)	SALAMI SANDWICH (GF)	FRUIT CUP	CHOCOLATE BROWNIE (GF)
JANUARY 14 - THURS	CHEESY BEEF/VEGGIE BAKED MACARONI	CHICKEN SALAD SANDWICH (GF)	APPLE YOGURT PARFAIT	RICE CRISPY SQUARE
JANUARY 15 - FRI	BEEF BIBIMBAP (GF) - RICE DISH	KIMBAP (GF)(V)- LIKE SUSHI	WATERMELON CUP	GRANOLA BAR (GF)

(DF) DAIRY FREE (V) VEGETARIAN (GF) GLUTEN FREE

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JANUARY 18 - MON	CHICKEN TORTELLINI PRIMAVERA	SALSA BEAN WRAP (V) (GF)	BLUEBERRY YOGURT PARFAIT	LEMON LOAF (GF)
JANUARY 19 - TUES	BEEF CHILI + POTATO WEDGES (V) (GF)	HAM AND CHEESE SANDWICH (GF)	WATERMELON CUP	TRIPLE BERRY OAT BAR (GF)
JANUARY 20 - WED	BUTTER CHICKEN BOWL (V) (GF)	SALAMI SANDWICH (GF)	BERRY CUP	CHOCOLATE CHIP COOKIE (GF)
JANUARY 21 - THURS	MACARONI CHEESE BOWL (V)	BBQ CHICKEN WRAP (GF)	BERRY YOGURT PARFAIT	RICE CRISPY SQUARE (GF)
JANUARY 22 - FRI	CHICKEN FRIED RICE (GF)	CORN AND BEAN QUESADILLA (V)	FRUIT CUP	CHOCOLATE BROWNIE (GF)
<b>WEEKEND</b>				
JANUARY 25 - MON	BEEF OR VEGGIE LASAGNA	EGG SALAD SANDWICH (V) (GF)	APPLE YOGURT PARFAIT	RICE CRISPY SQUARE (GF)
JANUARY 26 - TUES	MEAT BALLS AND GRAVY ON MASH	JACKFRUIT TACO WRAP (V) (GF)	PINEAPPLE CUP	NEW CHOCOLATE COOKIE (GF)
JANUARY 27 - WED	MEAT OR VEGGIE SAUCE ON BOWTIE PASTA (V)	BLA WRAP (GF)	BLUEBERRY YOGURT PARFAIT	LEMON LOAF (GF)
JANUARY 28 - THURS	CHICKEN OR BEAN BURRITO (V)	HAM CHEESE POCKET (GF)	WATERMELON CUP	CHOCOLATE BROWNIE (GF)
JANUARY 29 - FRI	BEEF HOT DOG OR VEGGIE DOG WITH POTATO WEDGES (GF)	CHICKEN TACO WRAP (GF)	BERRY CUP	TRIPLE BERRY OAT BAR (GF)

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