

**January 2021 SFSP K-12 Hybrid Combo A Lunch Menu** (with options for In-School (Hot, Hot Vegetarian & Cold) & Virtual (Cold Distant Bundle))

|                        | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|------------------------|---|---|---|---|--|
| <b>Hot Lunch</b>       | <b>First Grains in Food History</b>   |   |   |   | <b>Chicken &amp; Potato Pilaf</b>  |
| <b>Week II</b>         | Einkorn, a very early ancestor of wheat is said to be in existence from 10000 years ago<br>Emmer, another wheat variety, which is botanically more closer to modern wheat, could have been prevalent, possibly from 7000 years ago<br>Rice, another dietary staple, is argued to be cultivated from 10000 years ago<br>Barley has been in existence for more than 8000 years<br>The last found trove of Barley, that dates back to 6000 years, possesses strikingly similar DNA sequence of modern Barley |   |   |   | Steamed Broccoli<br>Fruit of the Day<br>Milk (OVS)   |
| <b>Bundle Lunch</b>    |   |   |   |   | <b>4.6 oz Wowbutter &amp; Jelly Sandwich</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   |
| <b>Hot Lunch</b>       | <b>4</b><br><b>Mongolian Meatballs</b><br>Steamed Rice<br>Baby Carrots & Ranch<br>Fruit of the Day<br>Milk (OVS)  | <b>5</b><br><b>Cheddar Chicken Patty Sandwich</b><br>WG Bun, Breaded Chicken Patty<br>Shred Cheddar Cheese, Ketchup<br>Baby Carrots, Lemon Blueberry Bites<br>Fruit of the Day / Milk (OVS) | <b>6</b><br><b>Scallop Potatoes &amp; Beef</b><br>Dinner Roll<br>Crisp Dinner Salad & Dressing<br>Fruit of the Day<br>Milk (OVS)                                  | <b>7</b><br><b>Cheese Calzone</b><br>Italian Dippin Sauce<br>Steamed Corn<br>Fruit of the Day<br>Milk (OVS)   | <b>8</b><br><b>Cheeseburger Pasta Bake</b><br>Garden Geeens Salad & Dressing<br>Fruit of the Day<br>Milk (OVS)   |
| <b>Week III</b>        |   |   |   |   |  |
| <b>Bundle Lunch</b>    | <b>Cheese Bun &amp; Nacho Cheese Doritos</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>Chicken Corn Dog &amp; Lemon Blueberry Bites</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   | <b>Italian Calzone</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>Bean &amp; Cheese Burrito</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>All Beef Hot Dog Kit</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  |
| <b>Hot Lunch</b>       | <b>11</b><br><b>Homemade Southwest Joe</b><br>WG Bun & Shredded Cheese<br>Steamed Corn<br>Fruit of the Day<br>Milk (OVS)  | <b>12</b><br><b>Chicken Taco Wrap</b><br>WG Tortilla, Crunch Chicken<br>Shredded Cheese, Boom Sauce<br>Creamy Bean Dip & Tortilla Chips<br>Fruit of the Day / Milk (OVS)                    | <b>13</b><br><b>Old Fashioned Hamburger</b><br>WG Bun, Ketchup, Mustard & Pickles<br>Cheezits<br>Baby Carrots & Ranch<br>Fruit of the Day / Milk (OVS)            | <b>14</b><br><b>Orange Chicken</b><br>Seasoned Brown Rice<br>Fresh Broccoli & Dip<br>Fruit of the Day<br>Milk (OVS)   | <b>15</b><br><b>Creamy Mac &amp; Cheese</b><br>Crisp Salad & Dressing<br>Fruit of the Day<br>Milk (OVS)  |
| <b>Week IV</b>         |   |   |   |   |  |
| <b>Bundle Lunch</b>    | <b>Cheese Bun</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   | <b>Make Your Own Nachos</b><br>Cheese Cup, String Chz & Corn Chips<br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>WOW Butter Cup &amp; Bagel Cheese Stick</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>Pizza Quesadilla</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   | <b>Meatballs &amp; Ketchup</b><br>Nacho Cheese Chips<br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   |
| <b>Hot Lunch</b>       | <b>18</b><br><b>Meatball Sub w/ Mozzarella Cheese</b><br>WG Bun<br>Cool Ranch Doritos<br>Steamed Corn<br>Fruit of the Day / Milk (OVS)  | <b>19</b><br><b>Sweet &amp; Sour Chicken</b><br>Seasoned Rice<br>Asian Marinated Broccoli<br>Fruit of the Day<br>Fortune Cookie & Milk (OVS)  | <b>20</b><br><b>Hearty Walking Beef Taco</b><br>Nacho Cheese Chips & Homemade Taco Meat, Shredded Cheese<br>Cheesy Refried Beans<br>Fruit of the Day / Milk (OVS) | <b>21</b><br><b>Chicken Fritter Wrap w/ Youza Sauce</b><br>Chicken Fritters, WG Tortilla<br>Cheese & Youza Sauce<br>Baby Carrots & Ranch<br>Fruit of the Day / Milk (OVS) | <b>22</b><br><b>Enchilada Pasta</b><br>Fresh Cilantro<br>Crisp Salad & Homemade Dressing<br>Fruit of the Day<br>Milk (OVS)   |
| <b>Week V</b>          |   |   |   |   |  |
| <b>Bundle Lunch</b>    | <b>Cheese Bun &amp; Cool Ranch Doritos</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>Breaded Chicken Patty &amp; Bun</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>All Beef Hamburger &amp; Bun</b><br>Baked Cheetos<br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>Maple Waffle Chicken Sandwich &amp; Cheese Stick w/ Elf Grahams</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)                                    | <b>4.6 oz Wowbutter &amp; Jelly Sandwich</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   |
| <b>Hot Lunch</b>       | <b>25</b><br><b>Premium Chicken Nuggets</b><br>Ketchup<br>Nacho Cheese Doritos<br>Steamed Sweet Corn<br>Fruit of the Day / Milk (OVS)   | <b>26</b><br><b>All Beef Hamburger</b><br>WG Bun & Ketchup<br>Cheetos<br>Celery Sticks & Ranch<br>Fruit of the Day / Milk (OVS)   | <b>27</b><br><b>Au Gratin Potatoes &amp; Chicken</b><br>Fresh Bakery Roll<br>Garden Salad & Dressing<br>Fruit of the Day<br>Milk (OVS)                            | <b>28</b><br><b>Brunch Lunch</b><br>French Toast Sticks & Syrup<br>100% V Juice<br>Fruit of the Day<br>Milk (OVS)   | <b>29</b><br><b>Build your Own Beef &amp; Chz Nachos</b><br>Tortilla Chips, Seasoned Beef<br>Cheddar Chz Cup & Sour Cream<br>Cheesy Refried Beans<br>Fruit of the Day / Milk (OVS) |
| <b>Week VI</b>         |   |   |   |   |  |
| <b>Bundle Lunch</b>    | <b>Cheese Bun &amp; Nacho Cheese Doritos</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>Chicken Corn Dog &amp; Lemon Blueberry Bites</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   | <b>Italian Calzone</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  | <b>Bean &amp; Cheese Burrito &amp; Corn Chips</b><br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)   | <b>Hot Dog &amp; Bun</b><br>Cheetos<br>Veggie of the Day/Week<br>Fruit of the Day/Week & Milk (OVS)  |
| <b>Weeks I, III, V</b> | <b>Vegetarian Lunch Options are Offered Daily (Served with Veggie &amp; Fruit of the Day)*</b>  |   |   |   |  |
| <b>Hot Veg</b>         | <b>Garden Burger</b>  | <b>Cheese Calzone</b>   | <b>Pizza Crunchers w/Italian Dip</b>  | <b>Mac &amp; Cheese</b>   | <b>Wild Mikes Cheese Bites &amp; Italian Dip</b>   |
| <b>Cold</b>            | <b>Cheese Bun</b>   | <b>Yogurt Cup, Cheese Stick &amp; Muffin</b>  | <b>Wow Butter Cup, Cheese Stick &amp; Bagel</b>   | <b>Cheese Sandwich on Wheat Bread</b>   | <b>Yogurt Cup, Cheese Stick &amp; Mini Pancake Bag</b>   |
| <b>II, IV, VI</b>      | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
| <b>Hot Veg</b>         | <b>Cheese Quesadilla &amp; Cholula</b>  | <b>Cheese Lasagna</b>   | <b>Stuffed Cheese Bread w/Italian Dip</b>   | <b>Bean &amp; Cheese Burrito</b>  | <b>Grilled Cheese Sandwich</b>   |
| <b>Cold</b>            | <b>Yogurt, Cheese Cubes &amp; Stuffed Cream Cheese Bagel</b>  | <b>Cheese Cup, String Cheese &amp; Tortilla</b>   | <b>Cheese Bun</b>   | <b>4.6 oz Wowbutter &amp; Jelly Sandwich</b>  | <b>Hard Cooked Egg &amp; Mini French Toast Bag</b>   |

\*Skim and 1% milk choices offered daily.

\*All Bread/Chips/Tortillas listed in the menu are whole-grain products.