

JANUARY 2023 Fairmount Lunch Menu

Monday 1/2	Tuesday 1/3	Wednesday 1/4	Thursday 1/5	Friday 1/6
	<p>Baked Whole Grain Chicken Tenders with Barbecue Dipping Sauce</p> <p>California Blend Vegetables Baked Fries with Ketchup</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>All Beef Hot Dog on a Whole Grain Bun with Ketchup and Mustard</p> <p>Seasoned Peas Baked Tater Tots with Ketchup</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Oven Baked Southern Fried Chicken Breast and Waffles</p> <p>Rice Pilaf Steamed Baby Carrots</p> <p>Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Fries Seasoned Corn</p> <p>Whole Apple, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>
Monday 1/9	Tuesday 1/10	Wednesday 1/11	Thursday 1/12	Friday 1/13
<p>Macaroni and Cheese</p> <p>Cheesy Garlic Bread Mediterranean Blend Vegetables</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Spanish Rice Mexican Pinto Beans</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Chicken Alfredo</p> <p>Roasted Potato Wedges Steamed Broccoli</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Meatloaf with Brown Gravy and Buttermilk Biscuits</p> <p>Mashed Potatoes Seasoned Corn</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Crust</p> <p>Steamed Broccoli Baked Tater Tots with Cheese Sauce</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>
Monday 1/16	Tuesday 12/17	Wednesday 1/18	Thursday 1/19	Friday 1/20
<p>No School for Students</p>	<p>No School for Students</p>	<p>Cheeseburger with Lettuce and Tomato on a Whole Grain</p> <p>Key Largo Vegetables Sweet Potato Fries with Ketchup</p> <p>Apple Sauce, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Baked Chicken with Gravy</p> <p>Rice Pilaf Steamed Baby Carrots</p> <p>Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Crust</p> <p>Baked Fries Seasoned Corn</p> <p>Whole Apple, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>
Monday 1/23	Tuesday 1/24	Wednesday 1/25	Thursday 1/26	Friday 1/27
<p>4 Cheese Baked Ziti</p> <p>Cheesy Garlic Bread Mediterranean Blend Vegetables</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Grilled Chicken Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Spanish Rice Seasoned Corn</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Yankee Pot Roast with Gravy</p> <p>Roasted Red Potatoes Seasoned Green Beans</p> <p>Diced Pears, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Meatball Sub with Marinara and Mozzarella on a Whole Grain Roll</p> <p>Steamed Baby Carrots Tater Tots</p> <p>Mixed Grapes, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Cheese Pizza on Whole Grain Crust</p> <p>Steamed Broccoli Rice Pilaf</p> <p>Mandarin Oranges, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>
Monday 1/30	Tuesday 1/31			
<p>Breaded Chicken Parmesan with Marinara and Mozzarella</p> <p>Penne Pasta Mediterranean Blend Vegetables</p> <p>Diced Peaches, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Spanish Rice Mexican Pinto Beans</p> <p>Apple Slices, 100% Fruit Juice</p> <p>1% Milk or FF Chocolate Milk</p>			