

JANUARY 2022 Fairmount Lunch Menu

Monday 1/3	Tuesday 1/4	Wednesday 1/5	Thursday 1/6	Friday 1/7
<p>Chssesburger on a Whole Grain Bun</p> <p>Sweet Potato Fries Baby Carrots</p> <p>Diced Peaches</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Whole Grain Chicken Tenders with Barbecue Dipping Sauce</p> <p>Macaroni and Cheese Mixed Vegetables</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Ground Beef Nachos</p> <p>Italian Blend Vegetables Refried Beans</p> <p>Apple Sauce</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Baked Ziti with Ricotta and Mozzarella</p> <p>Seasoned Broccoli Garlic Bread Stick</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Steamed Broccoli, Garden Salad with Low Fat Dressing</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>
Monday 1/10	Tuesday 1/11	Wednesday 1/12	Thursday 1/13	Friday 1/14
<p>Salisbury Steak and Gravy</p> <p>Steamed Brown Rice, Key Largo Vegetable Blend</p> <p>Mixed Grapes</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Whole Grain Fish Sticks with Tarter Sauce</p> <p>Baked Sweet Potato Fries with Ketchup, California Blend Vegetables</p> <p>Apple Sauce</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Grilled Cheese and Tomato Soup</p> <p>Steamed Brown Rice, Seasoned Cauliflower</p> <p>Fresh Melon</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Oven Fried Chicken and Waffles</p> <p>Steamed Corn on the Cob, Oven Roasted Potatoes</p> <p>Mixed Grapes</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Steamed Broccoli, Garden Salad with Low Fat Dressing</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>
Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20	Friday 1/21
<p>No School</p>	<p>Meatloaf with Brown Gravy</p> <p>Seasoned Green Beans, Mashed Potatoes</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Baked Fries Key Largo Vegetables</p> <p>Mandarin Oranges</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Baked Home-style Macaroni and Cheese</p> <p>Key Largo Vegetables, Cheesy Garlic Bread</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>No School</p>
Monday 1/24	Tuesday 1/25	Wednesday 1/26	Thursday 1/27	Friday 1/28
<p>Beef Lasagna with Marinara</p> <p>Steamed Broccoli, Seasoned Baby Carrots</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Sweet and Sour Chicken</p> <p>Steamed Brown Rice, Asian Blend Vegetables</p> <p>Apple Sauce</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Yankee Pot Roast with Brown Gravy</p> <p>Garlic Mashed Potatoes, California Blend Vegetables</p> <p>Tropical Fruit Salad</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Scrambled Eggs with Cheese, Sausage Patty, and French Toast</p> <p>Home Fried Potatoes, Mediterranean Grilled Vegetables</p> <p>Fresh Melon</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>	<p>Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>German Blend Vegetables, Garden Salad with Low Fat Dressing</p> <p>Diced Pears</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>
Monday 1/31				
<p>General Tso's Chicken</p> <p>Seasoned Broccoli Garlic Bread Stick</p> <p>Apple Slices</p> <p>1% Milk or FF Chocolate Milk, 100% Juice, or Water</p>				