SCHOOLHOUSE GRILL
School Meal Specialist

Sparkles! Crystal City

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS All lunches served with age appropriate milk, either 1% or whole milk.	Fresh or Chilled Fruit: Cantaloupe, Watermelon, Apple, Banana, Orange Wedges			New Years Day Holiday School Closed
4	**5**	**6**	**7**	**8**
Orange Chicken Strips 2 oz w/ Enriched Whole Grain Rice ¼ c Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Orange 'Chik' Strips Fresh or Chilled Fruit	House Made Creamy Chicken Penne Alfredo ½ c Cooked Sweet Baby Peas ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	Whole Grain Baked Chicken Nuggets 4 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Salisbury Steak 1 ea & Gravy Creamy Mashed Potatoes ¼ c Fresh Cucumber Slices 3 ea w/ Creamy Ranch Dip; Veggie: Morningstar Chik Patty Fresh or Chilled Fruit
11	**12**	**13**	**14**	**15**
Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce ½ c Fresh Green Beans ¼ c Veggie: Rainbow Tortellini Pasta Blend w/ Kale Pesto Sauce Fresh or Chilled Fruit	Chicken Fajita Rice Bowl 2 oz Enriched Whole Grain Rice ¼ c w/ Cheddar Cheese); Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip; Veggie:Bean Rice Bowl; Fresh or Chilled Fruit	Kid Fav Mac N' Cheese ½ c Five-Way Hot Mixed Vegetables ¼ c Veggie: Kid Fav Mac N' Cheese Fresh or Chilled Fruit	Whole Grain Breaded Chicken Patty on Bun 1 ea California Blend Hot Mixed Vegetables ¼ c Veggie: Morningstar Garden Burger on Bun; Fresh Fruit	"Breakfast For Lunch" Jumbo Square Waffles 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit
18	**19**	**20**	**21**	**22**
Martin Luther King Jr. Day Holiday School Closed	Four Cheese Ravioli w/ Marinara Sauce ½ c Fresh Green Beans ¼ c Veggie: Four Cheese Ravioli Fresh or Chilled Fruit	Hawaiian Turkey Meatballs 3 ea over Enriched Grain Rice ¼ c Freshly Sliced Cucumber 3 ea w/ Creamy Ranch Dip Veggie: Veggie Hawaiian Balls over Rice; Fresh or Chilled Fruit	Italian Spaghetti w/ Bolognese (Chicken) Sauce ½ c Sweet Yellow Corn ¼ c Veggie: Italian Spaghetti w/ Marinara Fresh or Chilled Fruit	Cheddar Cheese Quesadilla 1 ea Fresh Baby Carrots ¼ c w/ Creamy Ranch Dip Veggie: Cheddar Cheese Quesadilla Fresh or Chilled Fruit
25	**26**	**27**	**28**	**29**
House Made Creamy Chicken Penne Alfredo ½ c Cooked Sweet Baby Peas ¼ c Veggie: Penne Alfredo Fresh or Chilled Fruit	"Breakfast For Lunch" Buttermilk Pancakes 2 ea w/ Syrup Turkey Sausage Patty 1 ea Veggie: Morningstar Breakfast Patty; Fresh or Chilled Fruit	Cheesy Baked Ziti ½ c Fresh Tossed Salad ¼ c w/ Creamy Ranch Dressing Veggie: Cheesy Baked Ziti Fresh or Chilled Fruit	Home-Style Turkey Meatballs & Gravy 3 ea over Creamy Mashed Potatoes ¼ c; Cucumber Slices 3 ea w/ Ranch Dip Veggie: Veggie Balls Fresh or Chilled Fruit	Whole Grain Baked Chicken Tenders 2 ea Sweet Yellow Corn ¼ c Veggie: Morningstar Nuggets Fresh or Chilled Fruit