

JANUARY 2024

PHILIP J. ROCK SCHOOL

LUNCH



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Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate

MONDAY

Grilled cheese dippers **1**
Assorted veggies
Fresh fruit
2% milk or water

Philly cheese wrap **8**
Roasted potato
Fresh fruit
Assorted veggies
2% milk or water

Grilled cheese dippers **15**
Assorted veggies
Fresh fruit
2% milk or water

Philly cheese wrap **22**
Roasted potato
Fresh fruit
Assorted veggies
2% milk or water

Grilled cheese dippers **29**
Assorted veggies
Fresh fruit
2% milk or water

TUESDAY

Cheese tortellini with chicken **2**
Assorted veggies
Fresh fruit
2% milk or water

Beef goulash with whole grain pasta **9**
Assorted veggies
Fresh fruit
2% milk or juice

Cheese tortellini with chicken **16**
Assorted veggies
Fresh fruit
2% milk or water

Beef goulash with whole grain pasta **23**
Assorted veggies
Fresh fruit
2% milk or juice

Cheese tortellini with chicken **30**
Assorted veggies
Fresh fruit
2% milk or water

WEDNESDAY

Chicken served with couscous **3**
Assorted veggies
Fresh fruit
2% milk or water

Minestrone with chicken **10**
Assorted veggies
Fresh fruit
2% milk or water

Chicken served with couscous **17**
Assorted veggies
Fresh fruit
2% milk or water

Minestrone with chicken **24**
Assorted veggies
Fresh fruit
2% milk or water

Chicken served with couscous **31**
Assorted veggies
Fresh fruit
2% milk or water

THURSDAY

Tuna with noodles **4**
Assorted veggies
Fresh fruit
2% milk or water

Chicken curry casserole **11**
Pita bread
Assorted veggies
Fresh fruit
2% milk or water

Tuna with noodles **18**
Assorted veggies
Fresh fruit
2% milk or water

Chicken curry casserole **25**
Assorted veggies
Pita bread
Fresh fruit
2% milk or water

FRIDAY

Garden veggie calzone **5**
Assorted veggies
Fresh fruit
2% milk or water

Meat/cheese calzone **12**
Assorted veggies
Fresh fruit
2% milk or water

Garden veggie calzone **19**
Assorted veggies
Fresh fruit
2% milk or water

Meat/cheese calzone **26**
Assorted veggies
Fresh fruit
2% milk or water

