

# January 2022

Please note that the lunch menus are subject to change. Thank you!

Holy Family

## Primary Lunch Gr K-6

### MONDAY

3

- Crispy Chicken Smackers
- Steamed Sweet Corn
- Crunchy Baby Carrots
- Fresh Fruit

### TUESDAY

4

- Nacho Taco
- Refried Beans
- Crunchy Baby Carrots
- Ranch Dressing
- Fresh Fruit

### WEDNESDAY

5

- French Toast Sticks
- Danimals Yogurt
- Crispy Tater Tots
- Cherry Star Juice
- Fresh Fruit

### THURSDAY

6

- Meatballs w/ Pasta Meal
- Steamed Green Beans
- Crunchy Raw Veggie Cup
- Ranch Dressing
- Fresh Fruit

### FRIDAY

7

- Tony's Lunch Around Pizza
- Fresh Romaine Salad
- Cucumber Slices
- Fresh Fruit

10

- Crispy Chicken Nuggets
- Stouffer's Macaroni & Cheese
- Steamed Sweet Corn
- Crunchy Baby Carrots
- Ranch Dressing
- Fresh Fruit

11

- Hamburger on a Bun
- Sweet Potato Fries
- Bush's Baked Beans
- Fresh Fruit

12

- Chicken & Waffles
- Crispy Tater Tots
- Crunchy Raw Veggie Cup
- Ranch Dressing
- Chilled Applesauce

13

- Baked Ziti w/ Meatsauce
- Fresh Romaine Salad
- Crunchy Baby Carrots
- Ranch Dressing
- Fresh Fruit

14

- Homemade Pizza
- Fresh Romaine Salad
- Ranch Dressing
- Cucumber Slices
- Fresh Fruit

17



18

- Chicken & Cheese Quesadilla
- Layered Bean Dip
- Steamed Sweet Corn
- Fresh Fruit

19

- Homemade Breakfast Pizza
- Crispy Tater Tots
- Cherry Star Juice
- Fresh Fruit

20

- Roast Turkey
- Mashed Potatoes
- Chicken Gravy
- Steamed Carrot Coins
- Dinner Roll
- Fresh Fruit

21

- Tony's Lunch Around Pizza
- Fresh Romaine Salad
- Crunchy Raw Veggie Cup
- Ranch Dressing
- Fresh Fruit

24

- Crispy Chicken Smackers
- Steamed Sweet Corn
- Mashed Potatoes
- Fresh Fruit

25

- Two Soft Beef Tacos
- Refried Beans
- Crunchy Baby Carrots
- Fresh Fruit

26

- French Toast Sticks
- Turkey Sausage Patties
- Crispy Tater Tots
- Cucumber Slices
- Ranch Dressing
- Fresh Fruit

27

- Goulash
- Steamed Green Beans
- Crunchy Raw Veggie Cup
- Ranch Dressing
- Fresh Fruit

28

- Homemade Pizza
- Fresh Romaine Salad
- Crunchy Baby Carrots
- Ranch Dressing
- Fresh Fruit

31

- Crispy Chicken Nuggets
- Stouffer's Macaroni & Cheese
- Steamed Green Beans
- Crunchy Baby Carrots
- Fresh Fruit

#### Alternate Meal Choices:

- Yogurt Meal
- Turkey Sandwich
- Peanut Butter and Jelly Sandwich

NOTE ABOUT ALLERGEN INFORMATION: West Genesee uses the nutrition and allergen information provided directly from the food vendor, therefore West Genesee can not guarantee the vendor labels are 100% inclusive or all nutrition and allergen information. If you have questions regarding any menu item, you should research it thoroughly, up to and including consulting your personal physician prior to consuming. THE FOLLOWING MILK OPTIONS ARE AVAILABLE EVERYDAY WITH LUNCH: SKIM WHITE, 1% WHITE OR CHOCOLATE. The 5 Food Components: Meat/Meat Alternate, Grain, Fruit, Vegetable & Milk  
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