

January 2023

Lycee Francais - Johnson
January K-8 Lunch

02	03	04	05	06
	Entree Beef & Cheese Nachos Vegetables Fajita Style Peppers & Onions 1/2c O Steamed Corn Fruit Assorted Fruit Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Red Beans and Rice Vegetables Fresh Roasted Broccoli with Garlic O Fruit Assorted Fruit Grains Whole Grain Corn Bread Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Chicken Patty Sandwich Vegetables Roasted Sweet Potato Fruit Assorted Fruit Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Cheesy Baked Ziti Vegetables Steamed Broccoli Fruit Assorted Fruit Grains Cheesy Garlic Breadstick Milk Fat Free Chocolate Milk Low Fat 1% Milk
09	10	11	12	13
Entree Beef Cheeseburger Vegetables Side Salad Roasted Potato Fruit Fresh Apple Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Turkey Soft Tacos Vegetables Seasoned Black Beans Chunky Salsa, Mild Fruit Fresh Orange Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Chicken & Andouille Jambalaya Vegetables Green Beans Side Salad Fruit Fresh Apple Grains Brown Rice Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Chicken Alfredo over Whole Grain Spaghetti Vegetables Glazed Carrots Fruit Fresh Orange Grains Whole Wheat Dinner Roll Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Cheese Pizza Vegetables Side Salad Steamed Broccoli Fruit Banana Milk Fat Free Chocolate Milk Low Fat 1% Milk
16	17	18	19	20
Dr. Martin Luther King Day	Entree Turkey Bean Chili Vegetables Side Salad Steamed Corn Fruit Fresh Apple Grains Whole Grain Corn Bread Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Sweet & Sour Chicken Vegetables Side Salad Green Peas Fruit 100% Apple Juice Grains Rice Pilaf Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Pasta with Meatballs Vegetables Seasoned/Roasted Carrots Fruit Fresh Apple Grains Whole Wheat Dinner Rolls Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Cheese Pizza Vegetables Side Salad Glazed Carrots Fruit Banana Milk Fat Free Chocolate Milk Low Fat 1% Milk
23	24	25	26	27
Entree Red Beans and Rice Vegetables Side Salad Glazed Carrots Fruit Fresh Orange Grains Whole Grain Corn Bread Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Beef & Cheese Nachos Vegetables Steamed Corn Seasoned Black Beans Fruit Fresh Apple Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Beef Hamburger Vegetables Roasted Sweet Potato Steamed Broccoli Fruit 100% Apple Juice Craisins/Raisins, Assorted Flavors Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Jerk Chicken Vegetables Side Salad Seasoned Squash Fruit Fresh Apple Grains Brown Rice Milk Fat Free Chocolate Milk Low Fat 1% Milk	Entree Hot Dog Vegetables Steamed Broccoli Tater Puffs/Tater Tots Fruit Banana Milk Fat Free Chocolate Milk Low Fat 1% Milk

<div>30</div> <div>Entree Chicken Nuggets</div> <div>Vegetables Side Salad Tater Puffs/Tater Tots</div> <div>Fruit Fresh Apple</div> <div>Grains Whole Wheat Dinner Roll</div> <div>Milk Fat Free Chocolate Milk Low Fat 1% Milk</div>	<div>31</div> <div>Entree Beef Cheeseburger</div> <div>Vegetables Broccoli Tater Puffs/Tater Tots</div> <div>Fruit Fresh Orange 100% Apple Juice</div> <div>Milk Fat Free Chocolate Milk Low Fat 1% Milk</div>	
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This institution is an equal opportunity provider. *Menu subject to change.*



