



North Metro Flex Academy January School Lunch Menu

*All menu items are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joe on a W.G. Bun 3 Baby Carrots Fresh Pear Sun Chips Milk	Chicken Breast in a 4 Chicken Gravy Mashed Potatoes Grape Tomatoes Red Apple Slice of W.G. Bread Milk	W.G. Lasagna Rolls with 5 Italian Meat Sauce Mixed Green Salad with Creamy Italian Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk	Sliced Chicken Teriyaki with 6 Peppers + Onions Brown Rice Fresh Broccoli Banana Slice of W.G. Bread Milk	W.G. Soft Beef Taco x2 7 Lettuce + Cheese Seasoned Black Beans Sliced Cucumbers Orange Tortilla Chips + Salsa Milk
W.G. Chicken Nuggets 10 Baby Carrots Red Apple Sun Chips Milk	Sliced Chicken Alfredo with 11 W.G. Penne Pasta Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk	Swedish Meatballs 12 Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	Wild Rice Hot Dish 13 with Sliced Chicken Fresh Broccoli Fresh Pear W.G. Garlic Bread Stick Milk	Cheese Burger on a 14 W.G. Bun Baked Beans Carrot + Celery Sticks Orange Milk
17 NO SCHOOL— MLK JR DAY	Meatloaf Baked in a 18 Tomato Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	W.G. Cheese Pizza 19 Mixed Green Salad with Creamy Italian Dressing Salad Topping Red Grapes Milk	Chicken Breast on a 20 W.G. Bun Slice of White Cheese Fresh Broccoli Fresh Pear Sun Chips Milk	Beef Hot Dog on a 21 W.G. Coney Bun Baked Beans Sliced Cucumbers Orange Milk
W.G. Chicken Patty 24 on a W.G. Bun Baby Carrots Red Apple Sun Chips Milk	W.G. Penne Pasta with 25 Meat Sauce + Cheese Mixed Salad with Creamy Italian Dressing Salad Topping Red Grapes W.G. Garlic Bread Stick Milk	Chicken Breast in a 26 Chicken Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk	Italian Meatballs on a 27 W.G. Coney Bun Shredded Cheese Fresh Broccoli Fresh Pear Tortilla Chips Milk	W.G. Chicken Taco x2 28 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Orange Tortilla Chips + Salsa Milk
W.G. Chicken Tenders 31 Baby Carrots Red Apple Tortilla Chips Milk				