

Empower January 2025				Lunch Menu
Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Winter Holiday Break - NO SCHOOL				
6	7	8	9	10
Hot Dog (10z/20z) Bun (10z/20z) Baked Beans(1/2c) Corn (1/2c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Diced Chicken (10z/20z) Southwest Wrap (10z/20z) Chips (1/2c) Carrots w/Ranch (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Beef Macaroni (20z) Dinner Roll (20z) Salad (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Cheese Pizza (30z) Green Peas (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Inclement Weather Day NO SCHOOL
13	14	15	16	17
Inclement Weather Day NO SCHOOL	Chicken Patty (10z/20z) Roll (10z/20z) WG Rice (1c) Green Beans (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Sloppy Joe (10z/20z) Bun (10z/20z) Salad (3/4c/1c) Potato Wedge (3/4c/1c) Fresh Fruit (1/2c/1c)	Chicken Alfredo with Penne Pasta (30z) Broccoli (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	WG Spaghetti (10z/20z) Meatballs (20z) Marinara Sauce (10z) Roll (10z/20z) Salad Salad (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)
20	21	22	23	24
MLK Day NO SCHOOL	Nachos Chips (10z/20z) Beef Taco Meat (10z/20z) Queso Cheese Sauce (10z) Salad (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Chicken Legs (10z/20z) Mac & Cheese(1/2c) Broccoli (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Sloppy Joe (10z/20z) Bun (10z/20z) Cole Slaw (1/2c) Potato Wedge (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Turkey Sandwich (20z/30z) Chips (10z/20z) Celery w/Ranch (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)
27	28	29	30	31
Diced Chicken (10z/20z) Southwest Wrap (10z/20z) Chips (1/2c) Carrots w/Ranch (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	NO SCHOOL	WG Bean Burrito (20z) Green Peas (3/4c/1c) Cheese Sauce (10z) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Chicken Alfredo with Penne Pasta (30z) Broccoli (3/4c/1c) Fresh Fruit (1/2c/1c) 1% Milk (1c)	Corn Dog (10z/20z) Green Beans(3/4c/1c) Corn (1/2c) Fresh Fruit (1/2c/1c) 1% Milk (1c)

*January 2025 ~ 5wk LUNCH MENU CYCLE ~ Revised: 12/31/2024
Menu items are subject to change according to product availability.*