





Welcome
JANUARY
MONTICELLO
HS/MS
LUNCH



TIPS AND TRICKS TO HELP DURING THE WINTER MONTHS WITH YOUR HEALTH

- 
- Spend time with friends and family
 - Ensure adequate sleep
 - Limit caffeine intake, or intake in moderation
 - Create a balance of fruits, vegetables, and whole grains to ensure energy and mood stabilization.
 - Take advantage of the sunny days and take brisk walks outside when possible.
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January 2nd & 3rd



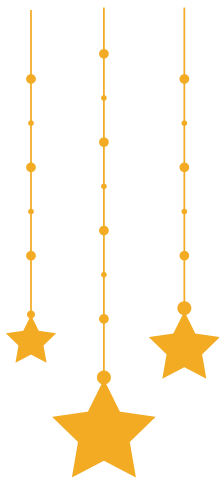
DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

Thursday- 1.2.25

Hot Entrée-
Chicken Tenders
Served with Savory Seasoned Rice
Mixed Vegetables

Daily Specials-
Hummus with Pita Chips and Greens
Veggie Burgers or a Cheeseburger
Chef Salad with Ham and
a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola
Pizza



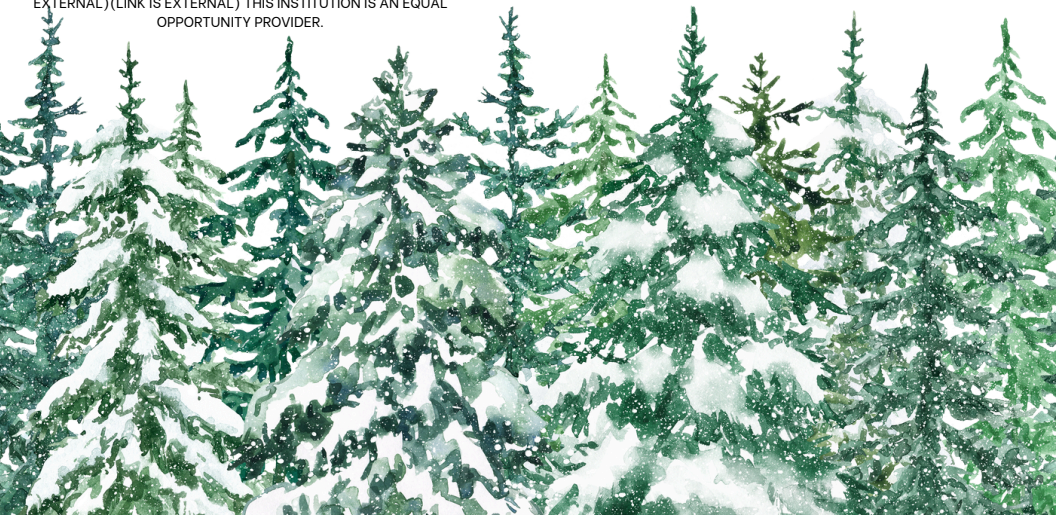
Friday- 1.4.25

Hot Entrée-
Assorted Pizza
Served with Roasted Chick Peas and Corn

Daily Specials-
Hummus w. Pita Chips and Greens
Buffalo Chicken Salad
Thai Chicken Wrap
Yogurt Parfait
Cheeseburger

All Menus are
Subject to Change

U.S. DEPARTMENT OF AGRICULTURE OFFICE OF THE ASSISTANT
SECRETARY FOR CIVIL RIGHTS 1400 INDEPENDENCE AVENUE, SW
WASHINGTON, D.C. 20250-9410; OR FAX: (833) 256-1665 OR (202)
690-7442; OR EMAIL: PROGRAM.INTAKE@USDA.GOV (LINK IS
EXTERNAL) (LINK IS EXTERNAL) THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.



**Brown Text- New
menu items
being featured**



Monday- 1.6.25

Hot Entrée-

**WG Pasta with Meatballs
Served with Breadsticks and
Garlic Green Beans**

Daily Specials-

**Hummus with Pita Chips and Greens
Veggie Burgers or a Cheeseburger
Chef Salad with Ham and a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola
Pizza**

Tuesday- 1.7.25

Hot Entrée-

**Teriyaki Chicken Bowl
Served with Seasoned Rice, Broccoli,
and Chow Mein Noodles**

Daily Specials-

**Southwest Quinoa Salad
Black Bean Burger or a Cheeseburger
Southwest Chicken
Peach Yogurt Parfait with Granola
Pizza**

Wednesday- 1.8.25

Hot Entrée-

**Grilled Cheese and Tomato Soup
Served with Goldfish Crackers
and Baby Carrots**

Daily Specials-

**Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza**

Thursday- 1.9.25

Hot Entrée-

Beef Taco Pie

**Served with Seasonal Potato Cubes
and Mexicali Corn**

Daily Specials-

**Cottage Cheese & Veggies with a Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza**

Friday- 1.10.25

Hot Entrée-

Assorted Pizza

**Served with Watermelon Cucumber Salad
with Feta
and Roasted Zucchini and Squash**

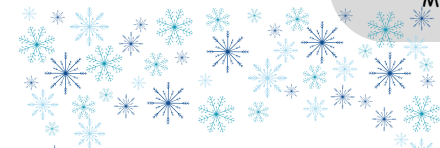
Daily Specials-

**Southwest Caesar Salad
Veggie Burger or a Cheeseburger
Cottage Salad with Veggies
California Turkey Wrap
Mixed Yogurt Parfait with Granola**

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DAILY OFFERINGS:

**ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS**



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January 13th-17th



Monday- 1.13.25

Hot Entrée-

Chipotle Cheeseburger on a WG Bun, with Grilled Onions, Lettuce, and Tomatoes. Served with Baked Beans and Assorted Veggie Sticks

Daily Specials-

Mediterranean Quinoa Salad with Feta
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Siracha Chicken Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Tuesday- 1.14.25

Hot Entrée-

BBQ Pulled Pork on a WG Bun served with a Baked Sweet Potato and Coleslaw

Daily Specials-

Southwest Quinoa Salad
Black Bean or a Cheeseburger
Southwest Chicken
Caesar Hot Cuban
Wrap Peach Yogurt
Parfait with Granola
Pizza

Wednesday- 1.15.25

Hot Entrée-

Chicken Riggies with Roasted Broccoli and Cucumber Slices

Daily Specials-

Cottage Cheese & Veggies with Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Thursday- 1.16.25

Hot Entrée-

Hot Italian Meatball Hero on a WG Hoagie Roll w/ or w/out Cheese. Served with Tossed Romaine Salad

Daily Specials-

Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

Friday- 1.17.25

Hot Entrée-

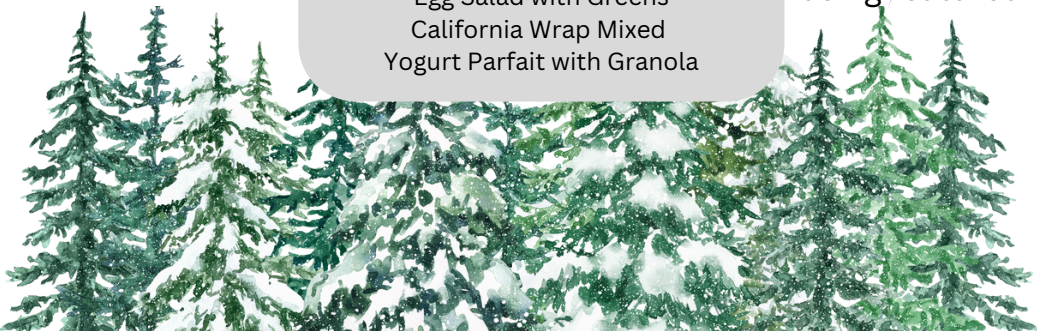
Assorted WG Pizza Choices with a Caesar Salad and Garlic Green Beans

Daily Specials-

Southwest Caesar Salad
Veggies Burgers or a Cheeseburger
Egg Salad with Greens
California Wrap Mixed
Yogurt Parfait with Granola



Brown Text- New menu items being featured



January 20th-24th

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

All Menus are
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Monday 1.20.25

DISTRICT CLOSED

Tuesday- 1.21.25

Hot Entree-

Chicken Philly Cheesesteak on a WG Roll,
with Grilled Peppers and Onions. Served
with
Tomato Cucumber Salad

Daily Specials-

Hummus with Pita Chips and Greens
Veggie Burger or a Cheeseburger
Chef Salad with Ham and a Hard Boiled Egg
Siracha Chicken Wrap
Strawberry Yogurt Parfait with Granola
Pizza

Brown Text- New
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Wednesday - 1.22.25

Hot Entrée-

Goulash served over WG Egg Noodles
Served with Peas and Carrots

Daily Specials-

Southwest Quinoa Salad
Black Bean Burger or a Cheeseburger
Southwest Chicken
Caesar Hot Cuban Wrap
Peach Yogurt Parfait with Granola
Pizza

Thursday- 1.23.25

Hot Entrée-

Pulled Chicken Tacos with choice of Soft
Tortilla shell or Walking Taco Style.
Served with Shredded Lettuce, Pico De
Gallo, House made Guacamole

Daily Specials-

Cottage Cheese & Veggies with a Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Friday- 1.24.25

Hot Entrée-

Assorted WG Pizza Choices served with
the choice of Corn and a Greek Salad

Daily Specials-

Southwest Caesar Salad
Veggie Burger or a Cheeseburger
Egg Salad with Greens
California Turkey Wrap
Mixed Yogurt Parfait with Granola



Brown Text- New menu items being featured

January 27th-31st

All Menus are Subject to Change

DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

Tuesday- 1.28.25

Hot Entree-

Mandarin Chicken Bowl with WG Savory Rice. Served with Stir Fry Vegetables

Daily Specials-

Cottage Cheese & Veggies with Breadstick
Veggie Burgers or a Cheeseburger
Tuna Salad with Greens
Sesame Ginger Tuna Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Thursday- 1.30.25

Hot Entree-

Maple French Toast Bake with Turkey Sausage and Home Fries

Daily Specials-

Tabbouleh with Feta and Greens
Black Bean Burger or a Cheeseburger
Sesame Chicken Asian Noodles with Greens
Italian Combo Wrap
Pineapple Yogurt Parfait with Granola
Pizza

Monday- 1.27.25

Hot Entree-

Cincinnati Turkey Chili w/ or w/out Cheddar Cheese. Served over WG Spaghetti Pasta and with a side of Roasted Zucchini and Squash

Daily Specials-

Mediterranean Quinoa Salad with Feta
Veggie Burgers or a Cheeseburger
Thai Style Salad with Chicken
Siracha Chicken Wrap
Raspberry Yogurt Parfait with Granola
Pizza

Wednesday- 1.29.25

DISTRICT CLOSED

Friday- 1.31.25

Hot Entree-

Assorted WG Pizza Choices served with Buffalo Roasted Cauliflower and Green Beans

Daily Specials-

Southwest Caesar Salad
Veggies Burgers or a Cheeseburger
Egg Salad with Greens
California Wrap Mixed
Yogurt Parfait with Granola

