

# Larc School Lunch Menu

# January 2025



Meet Your Nutritious Friend:  
Mr. Oatis

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
		1 <b>Happy New Year!</b>	2 Chicken Tenders with Waffle Sticks <b>FEATURED VEGGIES</b> Carrot Coins	3 Sal & Pat's Pizza <b>FEATURED VEGGIES</b> Green Beans	<p><b>What is a Meal?</b> You must choose at least 3 of the 5 components.</p> <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p><b>Choice of Vegetable</b> Hot vegetable</p> <p><b>Choice of Fruit</b> Canned fruit in light syrup, 100% fruit juice</p> <p><b>Choice of Milk</b> 1% white or fat-free chocolate</p> <p><b>Daily Alternates</b> Chicken Nuggets Sunbutter &amp; Jelly Sandwich on Bread</p>
6 Baked Macaroni & Cheese <b>FEATURED VEGGIES</b> Broccoli Trees	7 Meatball Parm Sandwich on a Roll <b>FEATURED VEGGIES</b> Italian Green Beans	8 Popcorn Chicken Bowl with Mashed Potatoes <b>FEATURED VEGGIES</b> Mashed Potatoes	9 Pancakes & Turkey Sausage <b>FEATURED VEGGIES</b> Tator Tots	10 Sal & Pat's Pizza <b>FEATURED VEGGIES</b> Sweet Peas	
13 Pizza Dippers with Marinara Dipping Cup <b>FEATURED VEGGIES</b> Peas & Carrots	14 Beef-A-Roni with Goldfish Crackers <b>FEATURED VEGGIES</b> Steamed Spinach	15 Chicken Patty on a Bun <b>FEATURED VEGGIES</b> Carrot Coins	16 Belgian Waffle with Turkey Sausage <b>FEATURED VEGGIES</b> Oven Fries	17 Sal & Pat's Pizza <b>FEATURED VEGGIES</b> Broccoli	
20 School & Adult Program Closed MLK Day	21 Chicken Nuggets with Biscuit <b>FEATURED VEGGIES</b> BBQ Baked Beans	22 Chicken Fajita Tacos with Fixings <b>FEATURED VEGGIES</b> Mexican Black Beans	23 Bacon, Egg & Cheese Sandwich on a Muffin <b>FEATURED VEGGIES</b> Hash Brown Patty Rounds	24 Sal & Pat's Pizza <b>FEATURED VEGGIES</b> Sweet Peas	
27 Baked Ziti with a Garlic Bread Stick <b>FEATURED VEGGIES</b> Broccoli	28 Bacon Cheeseburger on a Bun <b>FEATURED VEGGIES</b> Sweet Potato Fries	29 Chicken or Cheese Quesadilla with Salsa Cup <b>FEATURED VEGGIES</b> Seasoned Black Beans	30 Waffles with Turkey Sausage <b>FEATURED VEGGIES</b> Oven Fries	31 Sal & Pat's Pizza <b>FEATURED VEGGIES</b> Green Beans	

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.