



JANUARY | 2018

Chattanooga Girls Leadership Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Winter Break	2 Winter Break	3 Winter Break	4 Winter Break	5 Winter Break
8 Whole Grain Breaded Chicken Nuggets Whole Grain Cheez-its Broccoli Salad Baked Beans Choice of Fruit Choice of Milk	9 Whole Grain Crusted Alaskan Pollock Whole Grain Graham House Salad Black Beans Choice of Fruit Choice of Milk	10 Whole Grain Beaded Pork Chop Whole Grain Crackers Romaine Lettuce Shredded Carrots Diced Green Peppers Choice of Fruit Choice of Milk	11 Whole Grain Breaded Fish Sticks Baked Beans Broccoli Salad Choice of Fruit Choice of Milk	12 Whole Grain Burrito Shredded Carrots Diced Tomato Black Olives Sliced Cucumbers Choice of Fruit Choice of Milk
15 Salisbury steak Whole Grain Roll Steamed Broccoli Buttered Beans Choice of Fruit Choice of Milk	16 Meatball Sub Steamed Cauliflower Celery Sticks Choice of Fruit Choice of Milk	17 Shaker Salad with Diced Chicken Whole Grain Roll Whole Grain Graham Choice of Fruit Choice of Milk	18 Peanut Butter and Jelly Uncrustable Sandwich Mozzarella Cheese Stick Whole Grain Graham Broccoli Salad Black Beans Choice of Fruit Choice of Milk	19 Tuna Salad Sandwich Baby Carrots Seasoned Green Peas Whole Grain Sunchips Choice of Fruit Choice of Milk
22 Whole Grain Grilled Cheese With Marinara Sauce cup Broccoli Salad Celery Sticks Choice of Fruit Choice of Milk	23 Spicy Chicken Sandwich Sliced Tomato Spring Mix Crinkle Cut Fries Choice of Fruit Choice of Milk	24 Taco Salad with Diced tomato Romaine Lettuce Diced Green Peppers Black Olives Choice of Fruit Choice of Milk	25 Hamburger with Spring Mix Baked Beans Celery Sticks Choice of Fruit Choice of Milk	26 Deli Turkey Wrap Whole Grain Goldfish Graham Broccoli Salad Baby Carrots and Cucumbers Choice of Fruit Choice of Milk
29 BBQ Pork Sandwich Romaine Lettuce Diced Green Peppers Shredded Carrots Baked Beans Choice of Fruit Choice of Milk	30 Whole Grain Personal Pizza Spring Mix Mushrooms Shredded Carrots Choice of Fruit Choice of Milk	31 Whole Grain Chicken Quesadilla Shredded Carrots Diced Tomato Black Olives Sliced Cucumber Choice of Fruit Choice of Milk		

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Lunch Includes

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

***A lunch must include ½ cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

➤Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers

➤Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker