

THE MARKET MENU

January 2024

Ross Park
Lunch

MONDAY

1

Christmas Break

TUESDAY

2

Christmas Break

WEDNESDAY

3

Main Entrees
 • Mini Turkey Corn Dogs
 • Baked Beans
 Alternate Entrees
 • Deli Turkey
 • Cheddar Cheese Cubes
 • Stackable Flatbread

THURSDAY

4

Main Entrees
 • Whole Grain Waffles
 • Chicken Tenders
 • Tater Tots
 Alternate Entrees
 • Muffin, Pretzel, & Yogurt Fun Lunch

FRIDAY

5

Main Entrees
 • Sichuan Style Bang Bang Chicken
 • Ginger Scallion Steamed Rice
 Alternate Entrees
 • Apple Cinnamon Parfait with Granola

8

Main Entrees
 • Walking Beef Taco
 • Mexican Style Refried Beans
 Alternate Entrees
 • Ham & Turkey Chef Salad
 • Whole Grain Cheez-It Crackers

9

Main Entrees
 • Mashed Potato & Chicken Bowl
 • Fresh Baked Whole Grain Biscuit
 Alternate Entrees
 • Cereal, Goldfish & Yogurt Fun Lunch

10

Main Entrees
 • Cinnamon French Toast
 • Scrambled Eggs
 • Sweet Potato Bites
 Alternate Entrees
 • Deli Turkey
 • Cheddar Cheese Cubes
 • Stackable Flatbread
 • Red Bell Pepper Strips

11

Main Entrees
 • Crispy Chicken Breast Sandwich
 • Seasoned Zucchini
 Alternate Entrees
 • Muffin, Pretzel, & Yogurt Fun Lunch

12

Main Entrees
 • Turkey Pepperoni Pizza
 • Seasoned Corn
 Alternate Entrees
 • Apple Cinnamon Parfait with Granola

15

MLK Day-No School

16

Main Entrees
 • Rotini Tossed in Italian Meat Sauce
 • Herbed Broccoli & Cauliflower
 Alternate Entrees
 • Cereal, Goldfish & Yogurt Fun Lunch

17

Main Entrees
 • Beef Nachos
 • Refried Vegetarian Beans
 Alternate Entrees
 • Deli Turkey
 • Cheddar Cheese Cubes
 • Stackable Flatbread

18

Main Entrees
 • Turkey Ham & Cheese Croissant
 • Tater Tots
 Alternate Entrees
 • Muffin, Pretzel, & Yogurt Fun Lunch

19

Main Entrees
 • French Bread Pepperoni Pizza
 • Seasoned Corn
 Alternate Entrees
 • Apple Cinnamon Parfait with Granola

22

Main Entrees
 • Classic American Cheeseburger
 • Baked Beans
 Alternate Entrees
 • Ham & Turkey Chef Salad
 • Whole Grain Cheez-It Crackers

23

Main Entrees
 • Cheese Stuffed Breadsticks
 • Marinara Sauce
 • Cinnamon Glazed Carrots
 Alternate Entrees
 • Cereal, Goldfish & Yogurt Fun Lunch

24

Main Entrees
 • Pancakes
 • Turkey Sausage Link
 • Tater Tots
 Alternate Entrees
 • Deli Turkey
 • Cheddar Cheese Cubes
 • Stackable Flatbread
 • Red Bell Pepper Strips

25

Main Entrees
 • Sloppy Joe
 • Waffle Fries
 Alternate Entrees
 • Muffin, Pretzel, & Yogurt Fun Lunch

26

Main Entrees
 • Pepperoni Flatbread
 • Seasoned Mixed Vegetables
 Alternate Entrees
 • Apple Cinnamon Parfait with Granola

29

Main Entrees
 • Breaded Chicken Parmesan
 • Rotini Pasta
 • Seasoned Broccoli Florets
 Alternate Entrees
 • Ham & Turkey Chef Salad
 • Whole Grain Cheez-It Crackers

30

Main Entrees
 • Chicken & Cheese Quesadilla
 • Refried Vegetarian Beans
 Alternate Entrees
 • Cereal, Goldfish & Yogurt Fun Lunch

31

Main Entrees
 • Goulash
 • Breadstick
 • Acorn Squash
 Alternate Entrees
 • Deli Turkey
 • Cheddar Cheese Cubes
 • Stackable Flatbread
 • Red Bell Pepper Strips



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