

# 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  
 • Bunny Graham Friends

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  
 • Turkey Ham & Cheese Croissant  
 • Tater Tots  
 Alternate Entrees  
 • Deli Turkey  
 • Cheddar Cheese Cubes  
 • Stackable Flatbread

18

Main Entrees  
 • Beef Nachos  
 • Refried Vegetarian Beans  
 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  
 • Bunny Graham Friends

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  
 • Hummus, Veggies & Corn Chips

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  
 • Bunny Graham Friends

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  
 • Build Your Own Pizza Fun Lunch



*Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.*