



January

Pyne & Bartlett K8 Lunch Menu

MONDAY

- 3**
- Crispy Orange Chicken & Broccoli with Brown Rice
 - Crispy Chicken Ranch Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Chef Salad with Ham w/Whole Grain Flatbread **LG**
 - Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain **LG**
 - Served with Milk, Apple & Broccoli & Celery

- 10**
- Chicken Drumstick with Tater Tots & Carrots
 - Black Bean Burgers with Lettuce & Tomato on a Whole Grain Bun
 - Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Chef Salad with Whole Grain Flatbread **LG**
 - Served with Milk, Apple & Tater Tots and Carrots

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MLK JR. DAY

NO SCHOOL

- 24**
- Grilled Cheese and Tomato Soup
 - Chicken Nuggets with WG roll
 - Italian Sub with Lettuce and Tomato **LG**
 - Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk Banana & Red Pepper Strips

- 31**
- Beef Taco's Lettuce/Tomato/Salsa
 - Crispy Chicken Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk Apple, Garden Salad & Tomato Slices **LG**

TUESDAY

- 4**
- Shepherds Pie with Mashed Potato and Corn
 - Cheeseburger with Lettuce and Tomato
 - Chef Salad with Ham w/Whole Grain Flatbread **LG**
 - Chicken Salad Platter w/Lettuce & Tomato **LG**
 - Served with Milk Fruit Cup, Side Salad and Corn

- 11**
- Chicken Parm Pasta with Roasted Broccoli & Carrot
 - Cheeseburger with Lettuce & Tomato **LG**
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk Orange & Roasted Vegetables

- 18**
- Cheeseburger with Lettuce & Tomato on Whole Grain Bun **LG**
 - Honey Mustard Chicken Patty Melt
 - Tuna Sandwich w/Lettuce & Tomato **LG**
 - Ham Chef Salad with Whole Grain Flatbread **LG**
 - Served with Milk Orange and Roasted Corn,

- 25**
- Beef Tortilla Bowl with Whole Grain Brown Rice
 - Pizza Crunchers wit Sauce
 - Chef Salad with Ham w/Whole Grain Flatbread **LG**
 - Romanesco Turkey Sub with Lettuce on Whole Grain Bread **LG**
 - Served with Milk, Orange and Seasoned Corn

- 1**
- Chicken & Spaghetti Carbonara with Whole Grain Roll
 - Cheeseburger with Lettuce & Tomato **LG**
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Chicken Salad Platter w/Lettuce & Tomato **LG**
 - Served with Milk, Orange, and Roasted Carrots

WEDNESDAY

- 5**
- Baked Potato with Cheese & Ham Whole Grain Roll
 - Crispy Chicken Sandwich with Lettuce & Tomato on Whole Grain
 - Beef Taco Salad with Tortilla Chips
 - Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Banana and Red Pepper Strips, Black beans

- 12**
- BBQ Pork Rib Sandwich with Slaw and Red Pepper Strips
 - Spicy Chicken Sandwich with Lettuce & Tomato on Whole Grain
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk Banana & Red Pepper Strips

- 19**
- Chicken Tikka Masala
 - Spicy Chicken Sandwich with Lettuce and Tomato
 - Chicken Shawarma Wrap with Lettuce and Tomato **LG**
 - Tuna Salad on a Garden Salad **LG**
 - Served with Milk, Banana and Broccoli, Cucumber and Tomato Salad

- 26**
- Breakfast for Lunch with HOTM Baked Apples **LG**
 - Spicy Chicken Sandwich with Lettuce and Tomato
 - Tuna Salad Sandwich w/Lettuce & Tomato on Whole Grain Bread **LG**
 - Chef Salad with Ham with Whole Grain Flatbread **LG**

- 2**
- Garlic Chicken Lo Mein with Fresh Vegetables
 - Spicy Chicken Sandwich with Lettuce & Tomato on Whole Wheat
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Banana and Fresh Broccoli

THURSDAY

- 6**
- Macaroni & Cheese **V**
 - Fish Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Hummus Salad w/Flatbread **V**
 - Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Orange and Peas & Carrots

- 13**
- beef Nacho's with Lettuce tomato and Salsa
 - Chicken Tenders with Whole Grain Roll
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Peach Slices & Kickin Beans

- 20**
- Beef Nachos with Campfire Beans
 - Crispy Chicken Sandwich Lettuce and tomato
 - Chicken Caesar Salad **LG**
 - Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Seasonal Fruit Cup and Carrots & Kickin' Beans

- 27**
- BBQ Rib Sandwich with Lettuce & Tomato **LG**
 - Homemade Chili with Tortilla Chips
 - Chef Salad w/Ham w/Flatbread **LG**
 - Ham & Cheese Sand with Lettuce & Tomato on WG **LG**
 - Served with Milk, Fresh Strawberries and Kirkin Beans

- 3**
- General Tso's Chicken & Vegetables with Yellow Rice
 - Fish Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Season Fruit Cup and Baby Carrots

FRIDAY

- 7**
- Cheese Pizza **V**
 - Chicken & Pepper Popper Pizza
 - Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
 - Hummus Salad w/Flatbread **V**
 - Served with Milk, Apple and Side Salad. Carrots

- 14**
- Cheese Pizza **V**
 - Beef Mexican Pizza
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
 - Served with Milk Fresh Fruit and Side Salad **LG**

- 21**
- Cheese Pizza **V**
 - Pepperoni Pizza
 - Turkey Sandwich w/Lettuce & Tomato on whole Grain Bread **LG**
 - Chicken Salad Platter with Lettuce & Tomato **LG**
 - Served with Milk, Apple, and Local Garden Salad **LG**

- 28**
- Cheese Pizza **V**
 - Chili Lime Beef Pizza
 - Chef Salad with Egg and Whole Grain Flatbread **LG V**
 - Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
 - Served with Milk, Apple, and Local Garden Salad **LG**

- 4**
- Cheese Pizza **V**
 - White Pizza with Sausage
 - Chef Salad with Egg & Whole Grain Flatbread **LG V**
 - Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
 - Served with Milk, Apple and Cucumber & Baby Carrots

All kids 18 and under eat at no cost!

*All sandwiches, wraps & subs are whole grain

Served Daily: Fresh Fruit, 1% Milk and Sunbutter and Jelly Sandwich
LG = Locally Grown!
V = Vegetarian!

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Vegetarian Items available daily.

*Menus are subject to change and will be posted when available

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