

# JANUARY 2023

## Vinalhaven School

### LUNCH



#### School Information:

No School 1/2  
Early Release 1/13  
No School 1/16



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

### MONDAY

**No School**

2

### TUESDAY

Chicken Tacos  
Alt: Ham Cracker Stacker  
Corn  
Fruit

3

### WEDNESDAY

Grilled Cheese w/ soup  
Alt: Ham Sandwich  
Broccoli  
Fruit

4

### THURSDAY

Turkey BLTs  
Alt: Yogurt Meal  
Raw veggies  
Fruit

5

### FRIDAY

BBQ Chicken Pizza  
Alt: Cheese Pizza  
Caesar salad  
Fruit

6

Beans & Hotdogs  
Alt: Grilled Cheese  
Coleslaw  
Fruit

9

Sausage, Biscuits & Gravy  
Alt: Yogurt Meal  
Hash browns  
Fruit

10

Mac n Cheese  
Alt: Ham Cracker Stacker  
Peas  
Fruit

11

Pepperoni Pizza  
Alt: Cheese Pizza  
Raw veggies  
Fruit

12

PB&J Bagged Lunches

13

**Early Release @ 12**

**No School**

16

Beef Quesadillas  
Alt: Cheese Quesadillas  
Corn  
Fruit

17

Bosco Sticks w/ Kielbasa  
Corn Chowder  
Alt: Yogurt Meal  
Green beans  
Fruit

18

Meatball Subs  
Alt: Turkey Sandwich  
Caesar salad  
Fruit

19

Caprese Pizza  
Alt: Cheese Pizza  
Raw veggies  
Fruit

20

Chicken Alfredo Lasagna  
Alt: Buffalo Chicken Dip  
Peas  
Fruit

23

Meatloaf  
Alt: Grilled Cheese  
Corn  
Fruit

24

Baked Potato Bar  
Alt: Yogurt Meal  
Broccoli  
Fruit

25

Italian Sausage Sub  
Alt: Ham Cracker Stacker  
Raw veggies  
Fruit

26

Big Mac Pizza  
Alt: Cheese Pizza  
Caesar salad  
Fruit

27

Shepherd's Pie  
Alt: Grilled Cheese  
Green beans  
Fruit

30

Chili & Cornbread  
Alt: Yogurt Meal  
Corn  
Fruit

31

