

January

2021

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cheesy Pasta, veg, fruit V: Same MLK: vegan pasta marinara Df: No cheese	5 Cheeseburgers, tot, fruit V: Veggie burger MLK: Vegan burger Df: No cheese	6 Bagel, cream cheese, veg, fruit V: Same MLK/Df: Vegan cream cheese	7 Fried Chicken, mashed potatoes, fruit V: Veggie chicken nuggets MLK: Vegan chicken nuggets, sub veg for MP Df: sub veg for MP	8 Cheese Pizza, veg, fruit V: Same MLK/Df: Vegan cheese
11 Deli Lunch, veg, fruit V: Cheese sandwich MLK: Vegan bread, vegan cheese DF: No cheese	12 Nachos, veg fruit V: Refried beans MLK: Refried beans Df: No Cheese	13 Biscuits & turkey sausage, veg, fruit V: veggie sausage MLV: tofu scramble Df: df bread	14 Hot Dog, mac and cheese, fruit, V: grilled cheese MLK: Vegan grilled cheese, sub veg for mac Df: sub veg for mac	15 Cheese Pizza, veg, fruit V: Same MLK/Df: Vegan cheese
18 No School	19 Cheeseburgers, tot, fruit V: Veggie burger MLK: Vegan burger Df: No cheese	20 Bagel, cream cheese, veg, fruit V: Same MLK/Df: Vegan cream cheese	21 Fried Chicken, mashed potatoes, fruit V: Veggie chicken nuggets MLK: Vegan chicken nuggets, sub veg for MP Df: sub veg for MP	22 Cheese Pizza, veg, fruit V: Same MLK/Df: Vegan cheese
25 Cheesy Pasta, veg, fruit V: Same MLK: vegan pasta marinara Df: No cheese	26 Nachos, veg fruit V: Refried beans MLK: Refried beans Df: No Cheese	27 Biscuits & turkey sausage, veg, fruit V: veggie sausage MLV: tofu scramble Df: df bread	28 Hot Dog, mac and cheese, fruit, V: grilled cheese MLK: Vegan grilled cheese, sub veg for mac Df: sub veg for mac	29 Cheese Pizza, veg, fruit V: Same MLK/Df: Vegan cheese

V = Vegetarian; Veg = Vegan; DF = Dairy-free; GF = Gluten-free. Gluten free options are available but may not be listed. Usually GF is substituted with rice or GF noodle or bread.