

January 2022

FWSU - BFA & Georgia Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Beef Hamburger* or Veggie Burger 3</p> <p>Steamed Corn* Sweet Potato Fries</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Chicken Alfredo 4</p> <p>with Whole Grain Pasta Seasoned Carrots Seasoned Broccoli *</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Meatloaf* 5</p> <p>Cornbread Green Beans Mashed Potatoes</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Chicken Ranch Flatbread* 6</p> <p>Oven Roasted Cauliflower Seasoned Squash</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Sloppy Joe 7</p> <p>Baked Potato Wedges Black Bean Salad*</p> <p>Assorted Fruit Skim/1% Milk</p>
<p>BBQ Chicken Sandwich* 10</p> <p>Sweet Potato Wedges Baked Beans</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Ground Turkey Burrito* 11</p> <p>Fajita-Style Peppers & Onions Shredded Lettuce & Diced Tomatoes</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Pasta with Meatballs* 12</p> <p>with Marinara Sauce Parmesan Broccoli</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Roast Chicken with Gravy 13</p> <p>Cornbread Mashed Potatoes Green Beans</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Teriyaki Chicken* 14</p> <p>with Brown Rice Carrots & Broccoli</p> <p>Assorted Fruit Skim/1% Milk</p>
<p>Turkey Melt Flatbread* 17</p> <p>Baked Potato Wedges Seasoned Carrots</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Chicken Parmesan with Pasta* 18</p> <p>& Marinara Sauce* Seasoned Broccoli</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Beef Hamburger* or Veggie Burger 19</p> <p><i>Citrus Spiced Green Beans</i> Baked Beans</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Cheesy Bread Stick* 20</p> <p>with Marinara Dipping Sauce* Oven Roasted Cauliflower</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Whole Grain Chicken Nuggets 21</p> <p>Dinner Roll (9-12 only) Sweet Potato Fries Steamed Corn Assorted Fruit Skim/1% Milk</p>
<p>Grilled Cheese* 24</p> <p>Tomato Soup Green Beans</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Shepherd's Pie* 25</p> <p>Corn, Peas & Carrots Whole Grain Biscuit Brown Gravy</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Soft Tacos* 26</p> <p>Fajita-Style Peppers & Onions Shredded Lettuce & Diced Tomatoes</p> <p>2 - 6" soft tacos Assorted Fruit Skim/1% Milk</p>	<p>Teriyaki Chicken Wrap* 27</p> <p>Steamed Corn Glazed Carrots</p> <p>Assorted Fruit Skim/1% Milk</p>	<p>Turkey Bean Chili* 28</p> <p>Cornbread</p> <p>Assorted Fruit Skim/1% Milk</p>
<p>Chicken Ranch Flatbread* 31</p> <p>Tater Tots Roasted Butternut Squash Seasoned Squash</p> <p>Assorted Fruit Skim/1% Milk</p>				<p>OFFERED DAILY</p> <p>Pizza Sunbutter & Jelly Deli Sandwiches Chef Salad Salad Bar</p>

Harvest of the Month Feature

This institution is an equal opportunity provider.

NOTE: Menu Subject to Change