




Featured Lunch includes Vegetable Choices, Fruit Choice (1), Juice, Milk, and Bottled Water.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>New for January:</u> Preordering of lunches has been discontinued at LCA. Email sezell@lcastn.org with any questions.</p>	<p>5 Crispy Chicken Sandwich: Regular or Spicy Potato Wedges Parmesan Zucchini & Squash Buttered Carrots</p>	<p>6 Hamburger or Cheeseburger Waffle Fries Roasted Ranch Cauliflower Green Beans</p>	<p>7 Queso Blanco Nachos w/ Beef or Chicken Tater Tots Refried Beans Southwestern Corn</p>	<p>8 Penne Pasta w/ Meat Sauce or Alfredo Garlic Toast Rosemary Roasted Potatoes Broccoli Cookie Yogurt Parfait</p>
<p>11 Stuffed Crust Pizza: Cheese or Pepperoni Parmesan Zucchini & Squash Rosemary Roasted Potatoes Apple Crisp</p>	<p>12 Soft Tacos: Beef or Chicken Spicy Curly Fries Refried Beans Southwestern Corn</p>	<p>13 Crispy Chicken Sandwich: Regular or Spicy Crinkle Fries Buttered Carrots Roasted Ranch Cauliflower</p>	<p>14 Hot Ham & Cheese Croissant OR Grilled Cheese Sandwich Tomato Soup Potato Wedges Broccoli</p>	<p>15 Chicken Tenders Mac & Cheese Sweet Potato Fries Green Beans Roll</p>
<p>18 </p>	<p>19 Queso Blanco Nachos w/ Beef or Chicken Tater Tots Refried Beans Southwestern Corn</p>	<p>20 Hot Dog OR Grilled Cheese Sandwich Beef & Bean Chili Potato Wedges Broccoli</p>	<p>21 Cheese Ravioli w/ Marinara or Alfredo Sauce Garlic Toast Rosemary Roasted Potatoes Parmesan Zucchini & Squash Cinnamon Baked Apples</p>	<p>22 BBQ Pulled Pork Sandwich OR Grilled Chicken Sandwich Sweet Potato Fries Green Beans Roasted Ranch Cauliflower</p>
<p>25 Chicken Tenders Mac & Cheese Sweet Potato Fries Green Beans Roll</p>	<p>26 Soft Tacos: Beef or Chicken Spicy Curly Fries Refried Beans Southwestern Corn</p>	<p>27 Penne Pasta w/ Meat Sauce or Alfredo Garlic Toast Rosemary Roasted Potatoes Broccoli Cookie Yogurt Parfait</p>	<p>28 Stuffed Crust Pizza: Cheese or Pepperoni Crinkle Fries Parmesan Zucchini & Squash Apple Crisp</p>	<p>29 Crispy Chicken Sandwich: Regular or Spicy Waffle Fries Tomato Vegetable Soup Roasted Ranch Cauliflower</p>

Assorted Salad Lunch Options Available Daily:

Chef, Chicken Tenders, Spicy Chicken, Turkey Garden, Turkey Cranberry.
Lunch comes with Crackers, Fruit Choice (1), Juice, Milk, and Bottled Water.

Sandwich/Wrap Lunch Options Available Daily:

Veggie Burger, PB&J, Turkey/Ham & Cheese, Grilled Chicken Wrap,
and *NEW* Spicy Chicken Wrap.
Lunch comes with Vegetable Choices, Fruit Choice (1),
Juice, Milk, and Bottled Water.