

JANUARY 2024

Falmouth Public Schools

LUNCH



School Information: K-4 Lunch Menu
Menu Subject to Change



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

Happy New Year!

1

TUESDAY

Crispy Chicken Nuggets
Seasoned Carrots
Baked French Fries
Chilled Peaches
Choice of Milk

2

WEDNESDAY

Cheesy Baked Ziti
Steamed Green Beans
Garlic WW Breadsticks
Chilled Fruit
Choice of Milk

3

THURSDAY

Beef Frankfurter
Fresh Veggie Sticks
Baked Beans
Quartered Oranges
Choice of Milk

4

FRIDAY

Fresh Baked Pizza
Garden Salad
WG Soft Pretzel
Chilled Fruit
Choice of Milk

5

Chicken Patty
Steamed Corn
Baked French Fries
Chilled Fruit
Choice of Milk

8

Wheat French Toast
Baby Carrots
Baked Sausage Pattie
Chilled Applesauce
Choice of Milk

9

Rotini & Meat Sauce
Tossed Garden Salad
Wheat Dinner Rolls
Chilled Pears
Choice of Milk

10

Beef Taco Bowl
Toppings
Black Bean Salad
Cilantro Lime Rice
Fresh Orange

11

Fresh Baked Pizza
Veggie Boats w/Ranch
Wheat Dinner Roll
Chilled Fruit
Choice of Milk

12

M.L. King Birthday
Observance

15

WG Mini Corn Dogs
Brown Rice Pilaf
Seasoned Carrots
Chilled Pears
Choice of Milk

16

Spaghetti & Sauce
Green Beans
Wheat Dinner Roll
Chilled Peaches
Choice of Milk

17

Grilled Cheese w/
Chicken Noodle Soup
Sweet Potato Fries
Quartered Oranges
Choice of Milk

18

Fresh Baked Pizza
Garden Salad
WG Soft Pretzel
Fresh Fruit
Choice of Milk

19

Cheese Burgers
Seasoned Carrots
Potato Wedges
Chilled Fruit
Choice of Milk

22

WW Pancakes
Fresh Veggie Sticks
Baked Link Sausages
Chilled Applesauce
Choice of Milk

23

Rotini & Sauce
Tossed Garden Salad
Garlic WW Breadsticks
Fresh Fruit
Choice of Milk

24

Baked Chicken Dinner
Corn & Mashed Potato
With Gravy
Chilled Peaches
Choice of Milk

25

Fresh Baked Pizza
Baby Carrots
Pasta Salad
Chilled Fruit
Choice of Milk

26

Chicken Quesadilla
Steamed Corn
Black Bean Salad
Chilled Fruit
Choice of Milk

29

Fish Stick Dinner
Creamy Cole Slaw
Potato Wedges
Chilled Fruit
Choice of Milk

30

Spaghetti & Sauce
Steamed Green Beans
Wheat Dinner Roll
Strawberry Cup
Choice of Milk

31

