



# The Phoenix Center Lunch Menu

## January 2023

STUDENT NAME \_\_\_\_\_ ROOM # \_\_\_\_\_

**Milk Choice:** In the menu below, please **CIRCLE** the milk choice for each day using the following key **OR ONE** milk choice for February.

1% - White Milk      L - Lactaid      S - Strawberry      C- Chocolate

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>School Closed</b>	3 Hamburger on a WW Bun Corn 100% Grape Juice Fresh Orange PC Ketchup  Alt _____ 1% L S C	4 Baked Chicken Patty on a Whole Wheat Bun Maple Baked Beans 100% Fruit Punch Fresh Apple PC Ketchup  Alt _____ 1% L S C	5 Homemade Baked Ziti Wrapped WW Bread Broccoli 100% Apple Juice Fresh Banana  Alt _____ 1% L S C	6 Whole Wheat Pizza Cauliflower Fruit Cup 100% Orange Juice  Alt _____ 1% L S C
9 W.G Chicken Nugget Wrapped WW Roll Corn Apple Sauce Cup 100% Fruit Punch PC Ketchup  Alt _____ 1% L S C	10 Baked Chicken Sticks Wrapped WW Roll Red Beans 100% Grape Juice Fresh Orange PC Ketchup  Alt _____ 1% L S C	11 Meatballs w/ Marinara Sauce Wrapped WW Hot Dog Bun Whole Baby Carrots Fresh Apple 100% Apple Juice  Alt _____ 1% L S C	12 Cheese Ravioli w/ Marinara Wrapped WW Bread Spinach 100% Apple Juice Fresh Banana  Alt _____ 1% L S C	13 Whole Wheat Pizza Green Beans Fruit Cup 100% Orange Juice  Alt _____ 1% L S C
16 <b>School Closed</b>	17 Crispy Chicken Breast on Whole Wheat Bun Broccoli 100% Fruit Punch Granny Smith Green Apple PC Ketchup  Alt _____ 1% L S C	18 Grilled Cheese on WW Bread Red Beans Fresh Orange 100% Fruit Punch  Alt _____ 1% L S C	19 W.G Waffle Turkey Sausage Links Baked Home Fries 100% Orange Juice Fresh Banana PC Maple Syrup  Alt _____ 1% L S C	20 Whole Wheat Pizza Cauliflower Fruit Cup 100% Orange Juice  Alt _____ 1% L S C
23 Lean Beef Nachos w/ Cheese Black Beans Bag Baked Tostitos Scoops Graham Crackers Granny Smith Green Apple 100% Fruit Punch  Alt _____ 1% L S C	24 Grilled Chicken Breast Wrapped WW Mountain Roll Mashed Potatoes 100% Orange Juice Fresh Orange PC Ketchup  Alt _____ 1% L S C	25 Beef Chili Brown Rice Wrapped Whole Wheat Bread Sliced Carrots Fresh Banana 100% Grape Juice  Alt _____ 1% L S C	26 Macaroni and Cheese Wrapped WW Bread Broccoli 100% Apple Juice Fresh Banana Graham Crackers  Alt _____ 1% L S C	27 Whole Wheat Pizza Green Bean/Wax Bean Blend Apple Sauce Cup 100% Orange Juice  Alt _____ 1% L S C
30 W.G Chicken Nuggets Wrapped WW Bread Sliced Carrots Fruit Cup 100% Fruit Punch PC Ketchup  Alt _____ 1% L S C	31 Beef and Cheese Burrito Black Beans Fresh Apple 100% Orange Juice  Alt _____ 1% L S C			

**School Lunch Information:**

- Student lunch and gluten free lunch options: grain, fruit, and milk. All breads and grains are whole grain rich.
  - If paying with a check, please write in **black or blue ink only**.
  - Daily **ALTERNATE MEAL** options: Penne Pasta with Meatballs or Grilled Chicken with a side of daily vegetables and whole wheat bread.
  - **Menu subject to change due to product availability**
- TO CANCEL MEALS CALL: 973-542-0823 by 8:00 AM**  
**SEE BACK FOR MENU PRICING**