

January 2026

LUNCH MENU HIGH DESERT MONTESSORI



BOYS & GIRLS CLUB
OF TRUCKEE MEADOWS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| | | | 1 NEW YEARS DAY | 2 WINTER BREAK |
| 4OZ ASIAN CHICKEN STIR FRY 2OZ MIXED VEGGIES 2OZ BANANAS 2OZ RICE WG 8OZ MILK 5 | 4OZ BAKED ZITI PASTA WW 2OZ BLACK BEANS 2OZ SLICED APPLES 8OZ MILK VEGETARIAN ZITI PASTA 6 | 4OZ BEAN & CHEESE BURRITO WW 2OZ MEXICAN CORN SALAD 2OZ FRESH SEASONAL FRUIT 8OZ MILK 7 | 2OZ TURKEY W/GRAVY 2OZ SWEET POTATOES 4OZ BANANAS 2OZ DINNER ROLLS WG 8OZ MILK VEGETARIAN CHICKEN CUTLET 8 | 2OZ SAUSAGE PATTY 2OZ BROCCOLI 2OZ CLEMENTINES 2OZ PANCAKES WW 8OZ MILK 9 |
| 4OZ CHICKEN ALFREDO WW 2OZ BROCCOLI 2OZ BANANAS 8OZ MILK 12 | 2OZ POPCORN CHICKEN TACOS WW 2OZ BUTTERNUT SQUASH 2OZ SLICED APPLES 8OZ MILK VEGETARIAN TACOS 13 | 4OZ PULLED PORK MAC & CHEESE WW 2OZ CORN SALAD 2OZ FRESH SEASONAL FRUIT 8OZ MILK EARLY RELEASE 14 | 4OZ HOMEMADE PEPPERONI FOCACCIA PIZZA WW 2OZ GREEN BEANS 2OZ BANANAS 8OZ MILK VEGETARIAN PIZZA 15 | 4OZ CHICKEN NUGGETS WG 2OZ CAULIFLOWER 2OZ CLEMENTINES 8OZ MILK 16 |
| 19 MLK DAY | 4OZ CHICKEN POT PIE 2OZ PEAS AND CARROTS 2OZ SLICED APPLES 2OZ BISCUITS WW 8OZ MILK VEGETARIAN POT PIE 20 | 2OZ SOUTHWESTERN CHILI 2OZ BLACK BEANS 2OZ FRESH SEASONAL FRUIT 2OZ CORN BREAD WG 8OZ MILK 21 | 2OZ YOGURT PARFAIT BAR 2OZ CELERY STICKS 2OZ MIXED FRUIT 2OZ GRANOLA WW 8OZ MILK VEGETARIAN PARFAIT 22 | 2OZ ASIAN CHICKEN STIR FRY 2OZ MIXED VEGGIES 2OZ CLEMENTINES 2OZ RICE WG 8OZ MILK 23 |
| 2OZ CHICKEN PASTA SALAD WW 2OZ PEAS 2OZ BANANAS 8OZ MILK 26 | 2OZ SCRAMBLED EGG TACOS WW 2OZ BLACK BEAN SALAD 2OZ SLICED APPLES 8OZ MILK VEGETARIAN TACOS 27 | 4OZ CHICKEN SALAD SANDWICH WW 2OZ BLACK BEANS 2OZ FRESH SEASONAL FRUIT 8OZ MILK 28 | 4OZ HOMEMADE CHEESE FOCACCIA PIZZA WW 2OZ CARROTS 2OZ BANANAS 2OZ FRIED RICE WG 8OZ MILK VEGETARIAN PIZZA 29 | 2OZ FISH STICKS WG 2OZ SWEET POTATO FRIES 2OZ CLEMENTINES 8OZ MILK 30 |

MENU SUBJECT TO CHANGE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
MENU PREPARED BY DONALD W. REYNOLDS CULINARY TEAM AND LEAD BY FABIAN GUERRERO
THE BOYS AND GIRLS CLUB STRIVES TO SIGNIFICANTLY REDUCE PROCESSED FOOD ON EVERY MEAL ITEM