

JANUARY 2025

PENNICHUCK LUNCH MENU

Assorted Sandwiches Available
Daily on W/G Bread (Ham, Turkey,
Tuna & Sun Butter & Jelly) W/
Vegetable, Fruit & Milk

Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY NEW YEAR	No School 1	Crispy Chicken Bites* French Fries Green Beans, Cookies Applesauce Cup, Milk 2	W/G Cheese Pizza or Pizza with Toppings* Baby Carrots W/ Lite Dressing, Orange Wedges, Milk 3
Breaded Mozzarella Cheese Sticks*, Pizza Sauce, Green Beans Strawberries, Milk 6	Fajita Chicken, Spanish Rice, Corn, Salsa, Black Bean Salad, Mini Rice Krispies Treat, Pears Milk 7	All Beef Hot Dog on a w/g Bun, Baked Beans Carrots W/ Lite Dip Apple, Milk 8	Breakfast for Lunch 9 Mini Maple Pancakes* Sausage Patty, Egg patty Potato Puffs, Banana Milk	W/G Cheese Pizza or Pizza with Toppings* Orange Smiles, Seasoned Broccoli, **Baked Parsnip Chips, Milk 10
Pizza Crunchers* 13 Pizza Dipping Sauce Marinated Cucumber & Tomato Salad, Pears Milk	Hamburger or Cheese- burger* on a w/g Bun Sidewinder French Fries Carrots, Kiwi, Milk 14	Chicken Nuggets* W/ Dipping Sauces 15 Buttered Rotini Pasta Corn, Peaches, Milk	Beef & Cheese Nachos W/ Tortilla Chips, Salsa Refried Beans, Sour Cream, Lett & Tomatoes Fruit Cocktail, Milk 16	W/G Cheese Pizza or Pizza with Toppings * Broccoli Carrots W/ Lite Dip, Strawberry Cup Milk 17
No School 20	Pillsbury Cheesy Pull Aparts*, Meatballs Marinara Dipping Sauce Green Beans, Pears, Milk 21	Popcorn Chicken* 22 Mashed Potatoes, Gravy Dinner Roll, Savory Corn, Orange Wedges Milk	Grill Cheese Sandwich W/ or W/O Ham 23 Tomato Soup, Potato Coins, Broccoli Salad Peaches, Milk	W/G Cheese Pizza or Pizza with Toppings * Baby Carrots w/ Lite Ranch Dip, Assorted Fruits, Milk 24
Corn Dog*, French Fries Cucumber Slices w/ Lite Ranch Dip, Corn Applesauce Cup, Milk 27	Chicken Tenders* BBQ Sidewinder Fries Seasoned Broccoli Orange Smiles, Milk 28	Cooks Choice * 29 Baby Carrots W/ Dip Assorted Fruits Assorted Desserts, Milk	Elbow Macaroni with Meat Sauce, Seasoned Green Beans Strawberries, Milk 30	W/G Cheese Pizza or Pizza with Toppings * Garbanzo Bean Salad Carrots W/ Lite Ranch Dip, Apple, Milk 31

This institution is an equal opportunity provider

w/g = Whole Grain

* Indicates May Contain Soy

***Harvest of The Month – Parsnips