



VALOR ACADEMY ELEMENTARY SCHOOL

A B R I G H T S T A R S C H O O L



Lunch Menu

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		1. Beef Nachos 2. Turkey Breast Sandwich 3. Veggie: French Bread Cheese Pizza Side: Baked Chips, Salad, Jicama, Apple Milk OR Chocolate Milk	1. Chicken Tamale 2. Veggie: Cheese Tamale 3. Italian Turkey Submarine Sides: Corn, Carrots, Apple Milk OR Chocolate Milk	1. Turkey & Cheese Sandwich 2. Veggie: Double Cheese Sandwich 3. Bean & Cheese Burrito Sides: Salad, Fruit Juice Chocolate Milk OR Milk
9	10	11	12	13
1. Cheeseburger 2. Turkey & Cheese Torta 3. Vegetarian Burger Sides: Fries, Pear, Milk OR Chocolate Milk	1. Turkey & Cheese Sandwich 2. Veggie: Double Cheese Sandwich 3. Chicken Alfredo Pasta Sides: Broccoli, Carrots, Orange Milk OR Chocolate Milk	1. Turkey Breast Sandwich 2. Veggie: French Bread Cheese Pizza 3. Turkey Chili Sides: Corn Muffin, Cucumber Slices, Banana Milk OR Chocolate Milk	1. Chicken Tamale 2. Veggie: Cheese Tamale 3. Turkey Submarine Sides: Corn, Carrots, Mixed Berry Cups Milk OR Chocolate Milk	1. Turkey & Cheese Sandwich 2. Non Meat: Mac & Cheese Sides: Broccoli Dipper Fruit Juice, Milk OR Chocolate Milk
16	17	18	19	20
No School MLK Day	1. Turkey & Cheese Sandwich 2. Chicken w/Noodles 3. Veggie: Cheese Lasagna Dinner Roll, Carrots, Craisins Milk OR Chocolate Milk	1. Turkey Breast Sandwich 2. Veggie: French Bread Cheese Pizza Salad, Jicama, Banana Milk OR Chocolate Milk	1. Chicken Tamale 2. Veggie: Plant-Based Chicken Tenders 3. Chicken Drumstick Mashed Potatoes Bread Loaf, Corn, Carrots, Apple Sauce Milk OR Chocolate Milk	1. Turkey & Cheese Sandwich 2. Hamburger 3. Vegetarian Burger w/ Sides: BBQ Baked Chip Spinach, Fruit Juice, Chocolate Milk OR Milk
23	24	25	26	27
1. Turkey & Cheese Torta 2. Hot Dog 3. Veggie: Plant-Based Chicken Tenders Sides: Fries, Pear Milk OR Chocolate Milk	1. Cheese Lasagna w/ Tomato Basil Sauce 2. Turkey & Cheese Sandwich 3. Veggie: Double Cheese Sandwich Sides: Salad, Carrots, Orange Milk OR Chocolate Milk	1. Turkey Breast Sandwich 2. Chicken Fajitas w/Pinto Beans 3. Veggie: Plant-Based Chicken Fajitas w/Pinto Beans Sides: Corn, Cucumber Slices, Banana Milk OR Chocolate Milk	1. Chicken Tamale 2. Veggie: Cheese Tamale 3. Turkey Submarine Sides: Corn, Carrots Mixed Berry Cups Milk OR Chocolate Milk	1. Veggie: Bean & Cheese Burrito 2. Beef, Bean & Cheese Burrito 3. BBQ Beef Rib-A-Que Sandwich Sides: Broccoli Dipper, Fruit Juice Chocolate Milk OR Milk
30	31			
1. Turkey & Cheese Torta 2. Vegetarian Burger 3. Honey Mustard Chicken Sandwich Sides: Fries, Pear Milk OR Chocolate Milk	1. Turkey & Cheese Sandwich 2. Chicken Enchiladas 3. Veggie: Cheese Enchiladas Sides: Baby Carrots, Orange Milk OR Chocolate Milk			

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.

