



ROADRUNNER FOODS

www.RoadrunnerFoodService.com



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

NO SCHOOL

1

HAPPY NEW YEAR

Tuesday

Oven Roasted Turkey & Cheese Sandwich
Homestyle Potato Salad
Seasonal Fresh Fruit

2

VEGGIE: Grilled Cheese

Wednesday

Baked Chicken over Farfalle Pasta w/ Alfredo Sauce
Garlic Wheat Roll
Seasonal Fresh Fruit

3

VEGGIE: Farfalle Pasta w/ Alfredo Sauce

Thursday

Oven Baked Chicken Tenders
Roasted Baby Carrots
Seasonal Fresh Fruit

4

VEGGIE: BOCA Nuggets

Friday

Oven Baked Cheese Pizza
Buttered Corn
Seasonal Fresh Fruit

5

Chicken Fried Rice
Steamed Edamame
Seasonal Fresh Fruit

8

VEGGIE: Fried Rice w/ BOCA Chicken

Steak Fingers
Roasted Red Potatoes
Seasonal Fresh Fruit

9

VEGGIE: Grilled Cheese

Ground Beef Sloppy Joe
Oven Baked French Fries
Seasonal Fresh Fruit

10

VEGGIE: BOCA Sloppy Joe

Lightly Breaded Chicken Nuggets
Mac N Cheese
Seasonal Fresh Fruit

11

VEGGIE: BOCA Nuggets

Oven Baked Cheese Pizza
Steamed Broccoli
Seasonal Fresh Fruit

12

Chicken, Spinach, & Cheese Quesadilla
Spanish Rice
Seasonal Fresh Fruit

15

VEGGIE: Spinach & Cheese Quesadilla

Oven Baked Chicken Leg
Creamed Spinach
Seasonal Fresh Fruit

16

VEGGIE: Cheesy Broccoli & Rice Casserole

Chicken Jambalaya
Wheat Roll
Seasonal Fresh Fruit

17

VEGGIE: Jambalaya w/ BOCA Chicken

Oven Baked Chicken Tenders
Broccoli Cheese Rice
Seasonal Fresh Fruit

18

VEGGIE: BOCA Nuggets

Oven Baked Cheese Pizza
Peas
Seasonal Fresh Fruit

19

Grilled Cheese
Roasted Red Potatoes
Seasonal Fresh Fruit

22

Spaghetti w/ Meat Sauce
Garlic Wheat Roll
Seasonal Fresh Fruit

23

VEGGIE: Spaghetti w/ Marinara Sauce

Fish Sticks
Mac N Cheese
Seasonal Fresh Fruit

24

VEGGIE: Grilled Cheese

Lightly Breaded Chicken Nuggets
Potatoes Au Gratin
Seasonal Fresh Fruit

25

VEGGIE: BOCA Nuggets

Cheese Pizza
Buttered Corn
Seasonal Fresh Fruit

26

Ground Beef Soft Tacos w/Cheese
Spanish Rice
Seasonal Fresh Fruit

29

VEGGIE: Bean & Cheese Burrito

Cheeseburger
Oven Baked Sweet Potato Fries
Seasonal Fresh Fruit

30

VEGGIE: Grilled Cheese

Oven Baked Chicken Leg
Loaded Mashed Potatoes
Seasonal Fresh Fruit

31

VEGGIE: Cheesy Broccoli & Rice Casserole

