



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right



# LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Nuggets  
w/Goldfish  
OR  
Turkey & Cheese Sandwich

National Bean Day  
White Bean Chili w/CornStar  
OR  
Hamburger

Chicken Burger  
OR  
Quesadilla

NO SCHOOL

01

NO SCHOOL

02

National Gluten Free Day  
Teriyaki Chicken w/rice  
OR  
Turkey Sandwich

Cheeseburger  
OR  
Burrito

Nachos  
OR  
Baked Chicken  
w/Biscuit

Pizza  
Or  
Ham & Cheese  
Sandwich

08

NO SCHOOL

09

NO SCHOOL

19

National Cheese Lover's Day  
Mac & Cheese  
w/mini corndogs  
OR  
Turkey Sandwich

Enchilada  
OR  
Turkey & Ham Sub

Pizza  
Or  
Ham Sandwich

15

NO SCHOOL

16

Orange Chicken w/Rice  
OR  
Turkey & Cheese  
Sandwich

Spaghetti  
w/garlic bread  
OR  
Chicken Bacon Wrap

Toasted Cheese  
w/Tomato Soup  
OR  
Corndog

Chicken Nuggets  
w/Goldfish  
OR  
Quesadilla

22

Pizza  
Or  
Ham & Cheese  
Sandwich

23

Pizza  
Or  
Ham Sandwich

29

NO SCHOOL

30



Faulconer-Chapman Elementary and Middle School  
All meals offer a variety of salad/fruit & milk.

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