



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

			NO SCHOOL 01	NO SCHOOL 02
Chicken Nuggets w/Goldfish OR Turkey & Cheese Sandwich 05	National Bean Day White Bean Chili w/CornStar OR Hamburger 06	Chicken Burger OR Quesadilla 07	Pizza Or Ham & Cheese Sandwich 08	NO SCHOOL 09
National Gluten Free Day Teriyaki Chicken w/rice OR Turkey Sandwich 12	Cheeseburger OR Burrito 13	Nachos OR Baked Chicken w/Biscuit 14	Pizza Or Ham Sandwich 15	NO SCHOOL 16
NO SCHOOL 19	National Cheese Lover's Day Mac & Cheese w/mini corn dogs OR Turkey Sandwich 20	Enchilada OR Turkey & Ham Sub 21	Chicken Nuggets w/Goldfish OR Quesadilla 22	Pizza Or Ham & Cheese Sandwich 23
Orange Chicken w/Rice OR Turkey & Cheese Sandwich 26	Spaghetti w/garlic bread OR Chicken Bacon Wrap 27	Toasted Cheese w/Tomato Soup OR Corndog 28	Pizza Or Ham Sandwich 29	NO SCHOOL 30



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

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