



**GOURMET
GORILLA**

Monday Tuesday Wednesday Thursday Friday

<p>Monday, January 5</p> <p>Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Green Beans Strawberry Applesauce Cup Ketchup</p>	<p>Tuesday, January 6</p> <p>Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Peas Pineapple</p>	<p>Wednesday, January 7</p> <p>BBQ Chicken <i>Southern Lentils w/Brown Rice</i> Cornbread Broccoli Apple Slices</p>	<p>Thursday, January 8</p> <p>Pizza Muffin Marinara Sauce Cucumber Slices Melon</p>	<p>Friday, January 9</p> <p>Beef Sloppy Joe <i>Veggie Sloppy Joe</i> WG Hamburger Bun Seasoned Potatoes Applesauce</p>
<p>Monday, January 12</p> <p>Pizza Bread Garlic Green Beans Pear Slices Marinara Sauce</p>	<p>Tuesday, January 13</p> <p>Mojo Chicken <i>Greek Tomato Lentils w/Brown Rice</i> WG Pita Squash Medley Apple Slices</p>	<p>Wednesday, January 14</p> <p>Penne w/Turkey Bolognese Sauce <i>Penne w/Veggie Bolognese Sauce</i> Broccoli Melon</p>	<p>Thursday, January 15</p> <p>Fajita Chicken <i>Fajita Tofu</i> Mozzarella Cheese WG Hoagie Bun GF/DF/EF Coleslaw Fruit Salad CP Sauteed Fajita Peppers</p>	<p>Friday, January 16</p> <p>Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Carrots Applesauce</p>
<p>Monday, January 19</p> <p>Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Green Beans Appleberry Sauce Ketchup</p>	<p>Tuesday, January 20</p> <p>Creamy Mac & Cheese Broccoli Pear Slices</p>	<p>Wednesday, January 21</p> <p>Kung Pao Chicken <i>Kung Pao Tofu</i> (Not So) Fried Rice Peas & Carrots Melon</p>	<p>Thursday, January 22</p> <p>Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG French Toast Sticks Cucumber Slices Fruit Salad HP</p>	<p>Friday, January 23</p> <p>Turkey Chorizo <i>Veggie Taco "Meat"</i> Flour Tortilla Red Pepper Strips Orange Slices Salsa</p>
<p>Monday, January 26</p> <p>Peri Peri Chicken <i>Peri Peri Tofu</i> Arroz Verde Steamed Carrots Pear Slices</p>	<p>Tuesday, January 27</p> <p>Ravioli w/Tomato Cream Sauce Mozzarella Cheese Squash Medley Apple Slices</p>	<p>Wednesday, January 28</p> <p>Turkey Chili <i>Three Bean Chili</i> Shredded Cheddar Cheese Cornbread Roasted Potatoes Melon</p>	<p>Thursday, January 29</p> <p>WG Chicken Patty <i>Veggie Burger</i> WG Hamburger Bun Broccoli Fruit Salad CP Ketchup</p>	<p>Friday, January 30</p> <p>Broccoli Cheddar Casserole Steamed Carrots Applesauce</p>

WG= Whole Grain
CHP= Cantaloupe, Honeydew, Pineapple

WINTER LUNCH MENU

January 2026

GourmetGorilla.com