


Student Name _____

Teacher Name _____



Dairy Free & Gluten Free

**WINDHAM ACADEMY PUBLIC CHARTER SCHOOL
JANUARY 2023 LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY BREAK	3 GF- BBQ Falafel DF- Chicken Tenders	4 GF – GF Pasta With Sauce and Cheese DF – Pasta with Sauce and Chicken	5 GF - Veggie and Cheese on GF Wrap DF - Veggie Wrap with Chips	6 GF/DF Egg Scramble Sausage Tater Tots Fruit Ketchup
9 GF – Cheeseburger on GF bun DF – Hamburger on Bun	10 GF / DF Falafel with Spicy Quinoa Green Beans	11 GF – Chicken and Broccoli Alfredo with GF Pasta DF – Pasta with Sauce and Chicken	12 GF – BBQ Chicken on GF Bun DF – BBQ Chicken on Bun	13 NO SCHOOL
16  MARTIN LUTHER KING JR. DAY	17 GF / DF BBQ Falafel Spicy Quinoa Carrots	18 GF – Chicken, Cheese and Bean Burrito on GF Wrap DF – Chicken and Bean Burrito	19 GF – GF Pasta with Sauce and Chicken DF – Pasta with Sauce and Chicken	20 GF/DF – Egg Scramble Sausage Tater Tots Fruit Ketchup
23 GF – Cheeseburger on GF Bun DF – Breaded Chicken Sandwich Lays Potato Chips	24 GF - Cheese Quesadilla on GF Wrap DF – Mexican Chicken Wrap with Onions and Peppers	25 EARLY RELEASE	26 GF – Veggie and Cheese On GF Wrap Cucumber Slices DF – Veggie Wrap Cucumber Slices	27 GF/DF – Egg Scramble Sausage Tater Tots fruit Ketchup
30 GF – Cheeseburger on GF Bun Lays Potato Chips DF – Hot Dog on Roll Lays Potato Chips	31 GF – BBQ Chicken On GF Bun DF – Chicken Tenders Tater Tots			

* All Meals include choice of Milk.

Please check one: Non-Fat Chocolate Milk ___ or 1% Skim Milk ___
ALL MENUS ARE SUBJECT TO CHANGE **DF= DAIRY FREE** **GF= GLUTEN FREE**

Before placing your order, please inform the school if you have a food allergy!