



Lunch Menu

January 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz
 6th – 8th Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz
 9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
January 3 Hamburger w/ American Cheese WG Sandwich Roll Tator Tots Fruit Milk Veggie Burger	January 4 Grilled Chicken WG Buttered Noodles Mixed Vegetables Fruit Milk Tofu	January 5 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	January 6 WG Chicken Nuggets Potato Wedges Ketchup Fruit Cocktail Milk Veggie Patty on Wheat Bread	January 7 WG Cheese Pizza Carrot Sticks (cooked carrots) Ranch Fruit Milk
January 10 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Cooked Peas) Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	January 11 Mac and Cheese w/ WG Pasta Cooked Broccoli Fruit Milk	January 12 Roast Beef and American Cheese WG Sandwich Roll Tomato/Cucumber Salad Fruit Milk Cheese Sandwich	January 13 Swedish Meatballs WG Buttered Noodles Corn Fruit Milk Veggie Meatballs	January 14 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk WG Cheese Pizza
January 17	January 18 BBQ Meatballs Brown Rice Fresh Broccoli w/ Ranch Fruit Milk Veggie Meatballs	January 19 Grilled Chicken Garden Salad w/ Cheese & Tomato Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk Edamame	January 20 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage	January 21 WG Cheese Pizza Carrot Sticks (cooked carrots) Ranch Fruit Milk
January 24 Beef BBQ WG Sandwich Roll Potato Wedges Ketchup Fruit Milk Veggie Patty on Wheat Bread	January 25 Scrambled Eggs w/ Cheese WG English Muffin Breakfast Potatoes Fruit Milk	January 26 Turkey and American on WG Bun Mayo Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	January 27 Beef and Cheese Taco WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Taco	January 28 WG Pizza w/ Turkey Sausage String Cheese Carrot Sticks (cooked carrots) Ranch Fruit Milk WG Cheese Pizza
January 31 Roast Turkey w/ Gravy WW Bread Green Beans Cranberry Applesauce Milk Tofurky w/ Gravy				

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos