



January 2023

JUNIOR/HIGH SCHOOL

LUNCH MENU

MAINLINE

Monday Pasta Bar

Tuesday Taco Bar

Wednesday Baked

Potato Bar

Thursday Chicken

Nugget Mashed Bowl

Friday Breakfast for

Lunch

PIZZA

Cheese & Pepperoni

GRAB & GO

Assorted Salads Wraps

& Hoagies

SLIDES

Chicken Patty

Sandwich

ALSO AVAILABLE

Fresh Fruits &

Vegetables

100% Fruit Juice

Baby Carrots

Celery Sticks

Milk Choices:

1% Plain Fat Free

Fat Free Strawberry

Fat Free Chocolate

All Lunches

Must Include

Choice of: Fruits

and/or

Vegetable And

May Include:

1% Low-Fat Milk

Menus May

Change Without

Notice

	MON	TUES	WED	THURS	FRI
NO SCHOOL	2	3	Grilled Cheese on Pretzel Roll Hot Vegetable Chilled Fruit Cup Buffalo Chicken Pizza	5	6
		Fish Sandwich Hot Vegetable Chilled Fruit cup Buffalo Chicken Pizza		Cheese Stuffed Breadsticks Marinara Sauce Diced Pears Buffalo Chicken Pizza	Grilled Cheese Sandwich Fruit Mix Buffalo Chicken Pizza
	9	10	11	12	13
	Bacon Cheeseburger Baked Beans Fresh Fruit Sausage Pizza	Pepperoni & Cheese Stick Golden Corn Applesauce Sausage Pizza	BBQ Rib Sandwich Green Beans Diced Pears Sausage Pizza	Hot Wing Hoagie Glazed Carrots Peaches Sausage Pizza	Ham & Cheese on A Pretzel Roll Baked Beans Applesauce Sausage Pizza
MARTIN LUTHER KING DAY	16	17	18	19	20
	Chicken Parm Sandwich Hot Vegetable Mixed Fruit Meat Lover's Pizza	Texas Cheeseburger Baked Beans Diced Peaches Meat Lover's Pizza	Meatball Parm Hoagie Side Salad Diced Pears Meat Lover's Pizza	Fish Sandwich Golden Corn Mixed Fruit Meat Lover's Pizza	
	23	24	25	26	27
	Hot Wing Hoagie Celery Sticks Fresh Fruit Buffalo Chicken Pizza	BBQ Diced Chicken Sandwich Applesauce Buffalo Chicken Pizza	Chicken Patty w/ Bacon Melt Sandwich Steamed Carrots Buffalo Chicken Pizza	Grilled Ham & Cheese/Pretz. Roll Hot Vegetable Chilled Fruit Cup Buffalo Chicken Pizza	Pepperoni Cheese Stick Broccoli Mixed Fruit Buffalo Chicken Pizza
	30	1	ALL COMPLETE MEALS ARE FREE FOR ALL STUDENTS		
	BBQ Rib Sandwich Hot Vegetable Fresh Fruit Buffalo Chicken Pizza	Buffalo Style Chicken Patty Sandwich Baked Beans Chilled Fruit Cup Sausage Pizza			

Happy New Year

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To make a complete meal, students must select foods from at least 3 different food groups with one of the items being a ½ cup fruit, ½ cup vegetable or a 4 oz. fruit juice. Students may select up to 1 cup of vegetables but only ½ c fruit or 100% juice. Meals without a fruit or vegetable will be charged a la carte pricing.



This institution is an equal opportunity providers

