

A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

A Cold Menu Option is offered each day as a second choice.

Monday: Soybutter & Jelly Sandwich & **Marinated Chickpea Salad** & **Carrots** & Yogurt
 Tuesday: Chicken Chef Salad with 2 Dinner Rolls
 Wednesday: Chicken Ranch Pita & **Carrot Raisin Salad** & **Broccoli Buds** and Ranch
 Thursday: Ham & Cheese Sandwich with mustard packet & **Marinated Tomato Salad**
 Friday: Turkey & Cheese Pita with salad dressing packet & **Tossed Salad**

Su Mon



10
 Stuffed Cheese Breadsticks
Marinara Sauce
Seasoned Corn
 Spiced Apples

17 No School



24
 All Beef Hot Dog
 on a Whole Wheat Bun
 Ketchup & Mustard
Vegetarian Baked Beans
 Seasoned Green Beans
 Pineapple Tidbits

31
 Stuffed Cheese Breadsticks
Marinara Sauce
Seasoned Corn
 Fresh Apple Slices

Tue

4
 Whole Grain Breaded Chicken
 Tenders
 BBQ Sauce Packet
 Whole Grain Biscuit
Seasoned Broccoli
 Diced Pear Cup

SBJ cold lunch for Jan. 4th

11
 Whole Grain Chicken Nuggets
 BBQ Sauce Packet
 Whole Grain Cheez-it Crackers
Seasoned Broccoli
Vegetarian Baked Beans
 Mixed Fruit Cup

18
 Whole Grain Lasagna Rollup
 Marinara Sauce
 Seasoned Corn
 Dinner Roll
 Fresh Banana

25
 Whole Grain Breaded Chicken
 Tenders
 BBQ Sauce Packet
 Whole Grain Biscuit
Seasoned Broccoli
 Diced Pear Cup

2/1
 Whole Grain Chicken Nuggets
 Whole Grain Cheez-it Crackers
Seasoned Broccoli
Vegetarian Baked Beans
 Mixed Fruit Cup

Wed

5 BREAKFAST FOR LUNCH
 Whole Grain Mini Pancakes
 Cheese Egg Omelet
Hash Brown Starz
 Grape Juice
Baby Carrots w/ Ranch

12 Soup & Sandwich
 Broccoli Cheese Soup
 Served with
 Turkey and Cheese Sandwich on a
 Hawaii Bun with Mayo
 Low Fat Mozzarella String Cheese
 Fresh Baby Carrots with Ranch
 Diced Peaches

19
 Salisbury Steak served with Mashed
 Potatoes and Gravy
 Seasoned Green Bean
 Whole Grain Dinner Roll
 Fruit Slushie Treat

26 BREAKFAST FOR LUNCH
 Whole Grain Mini Pancakes
 Chicken Sausage Patties
Hash Brown Starz
 Grape Juice
Baby Carrots w/ Ranch

2/2 Happy Chinese New Year
 Tangerine Chicken Served with
 Vegetable Fried Rice
 Far East Vegetable Blend
 Mandarin Oranges

Thu

6
 Chicken Parmesan served with
 Whole Grain Rotini & Marinara Sauce
 Seasoned Peas & **Carrots**
 Fresh Banana

13
 Whole Grain Rotini with Meat Sauce
 Served with a Dinner Roll
 Seasoned Green Beans
Dill Seasoned Carrots
 Fresh Banana

20
 Reduced Fat Mac & Cheese
 Whole Grain Cheez-it
Seasoned Broccoli
Seasoned Carrots
 Mixed Fruit Cup

27
 Whole Grain Breaded Chicken Patty
 served with Whole Grain Hamburger
 Bun
 BBQ Sauce Packet
 Seasoned Peas & **Carrots**
 Diced Peaches

2/3
 Reduced Fat 3 Cheese Cavatappi
 Served with a Dinner Roll
 Seasoned Green Beans
Dill Seasoned Carrots
 Fresh Banana

Fri

7
 Hungry Howie's Pepperoni
 Pizza
Tossed Salad w/ Ranch
 Blueberry Parfait
Fresh Cherry Tomatoes

14
 Hungry Howie's Pepperoni
 Pizza
Tossed Salad w/ Ranch
 Strawberry Parfait
Fresh Cherry Tomatoes

21
 Hungry Howie's Pepperoni
 Pizza
Tossed Salad w/ Ranch
 Blueberry Parfait
Fresh Cherry Tomatoes

28
 No School

2/4
 Hungry Howie's Pepperoni
 Pizza
Tossed Salad w/ Ranch
 Blueberry Parfait
Fresh Cherry Tomatoes

Sat

**CHOICE of
 MILK
 INCLUDED
 WITH
 LUNCH**

IMPORTANT

**Due to
 nationwide food
 shortages and
 supply chain
 issues, menus
 are subject to
 change
 depending on
 availability.**