

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

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.**