

A Nourished Student is a Learning Student!

This institution is an equal opportunity provider.

EACH DAY COLD OPTIONS ARE OFFERED
TURKEY CHEF SALAD, VEGGIE CHEF SALAD, OR HAM CHEF SALAD
TURKEY & CHEESE SUB OR HAM & CHEESE SUB
ASSORTED FRUITS AND FRESH VEGETABLES OFFERED DAILY

Su Mon



10
Stuffed Cheese Breadsticks
Marinara Sauce
Seasoned Corn
Spiced Apples
Whole Grain Graham Crackers

17 No School



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

31
Stuffed Cheese Breadsticks
Marinara Sauce
Seasoned Corn
Fresh Apple Slices
Whole Grain Graham Crackers

Tue

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

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
Fresh Apple Slices

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
Apple Slices

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
2 Whole Grain Dinner Roll
Fruit Slushie Treat
Mandarin Oranges

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

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

Thu

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

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

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
Fresh Apple Slices

Fri

7
Hungry Howie's Pepperoni Pizza
Tossed Salad w/ Ranch
Blueberry Parfait
Fresh Cherry Tomatoes
Cheddar Cheese stick
Fruit Punch

14
Hungry Howie's Pepperoni Pizza
Tossed Salad w/ Ranch
Strawberry Parfait
Fresh Cherry Tomatoes
Cheddar Cheese stick
Fruit Punch

21
Hungry Howie's Pepperoni Pizza
Tossed Salad w/ Ranch
Blueberry Parfait
Fresh Cherry Tomatoes
Cheddar Cheese stick
Fruit Punch

28
Hungry Howie's Pepperoni Pizza
Tossed Salad w/ Ranch
Strawberry Parfait
Fresh Cherry Tomatoes
Cheddar Cheese stick
Fruit Punch

2/4
Hungry Howie's Pepperoni Pizza
Tossed Salad w/ Ranch
Blueberry Parfait
Fresh Cherry Tomatoes
Cheddar Cheese stick
Fruit Punch

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.