

January 2022

Lunch includes entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is CARROTS

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Free to All Students 21-22 School Year Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham 'n' Cheese w/ Fruit and Milk	Breakfast Burrito Fruit and Milk	Biscuits and Gravy Fruit and Milk	Muffin w/ String Cheese, Fruit, Milk
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk				
LUNCH: Free to All Students for the 21-22 School Year Adult: \$3.50 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646				
	3 NO SCHOOL	4 Pizza, Hoagies, PBJ	5 Cheeseburger, Hoagies or PBJ	6 Pizza or Hoagies or PBJ Fruit, Veg and Milk	7 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk
	10 Chicken Patty or BBQ Pulled Pork on WG Bun, Hoagie or PBJ Fruit, Veg, Milk	11 Pizza or Hoagie or PBJ Fruit, Veg, Milk	12 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	13 Pizza, Hoagies or PBJ, Fruit, Veg and Milk	14 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk
	17 NO SCHOOL PIR DAY	18 Pizza or Hoagie or PBJ Fruit, Veg, Milk	19 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	20 Pizza, Hoagie or PBJ Fruit, Veg and Milk	21 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk
	24 Chicken Patty on WG Bun or Chicken Stir Fry, Hoagie or PBJ Fruit, Veg and Milk	25 Pizza, Hoagie or PBJ Fruit, Veg, Milk	26 Cheeseburger on WG Bun or Hoagie or PBJ w/ Fruit, Veggie or Milk	27 Pizza, Hoagies or PBJ	28 Corn Dog, Hoagie, or PBJ, Fruit, Veg, Milk
	31 Chicken Patty on WG Bun or Spaghetti and Meatballs, Hoagie, PBJ				
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories				
GRILL MENU	Grilled or Breaded Chicken Patty on WG Bun	Pizza	MT Beef Burgers On WG Bun	Pizza	MT Beef Burgers
SANDWICH & SALADS*	Caesar Salad w/ Chicken	Egg Salad	Ham or Turkey Hoagie w/ Cheese	Tuna Salad Sandwich on WG Bread	Pasta Salad w/ Ham or Salami, Dinner Roll
	Available Daily: Assorted Deli Sandwiches, PB&J, Chef Salad Unlimited Fruit and Veggies				

FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit

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Carrots

