



**Available Daily:**  
 Breaded Chicken Sandwich  
 Pizza: Cheese or Pepperoni  
 Smucker's Uncrustable PBJ

**Daily Milk Choices:**  
 1% White  
 Skim Chocolate

**Daily Fruit Selections:**  
 Fresh Fruit, Canned Fruit, and  
 100% Fruit Juice

**Daily Vegetable Selections:**  
 Fresh Baby Carrots, Side Salad,  
 and Hot Vegetable Dujour

# January 2023

## MHS | LUNCH MENU

### Weekly Special

#### Week of 1/2:

Turkey Chef Salad  
 Ham & Cheddar Sub

#### Week of 1/9:

Italian Ham Salad  
 Turkey & Pepper Jack Sub

#### Week of 1/16:

Cobb Salad  
 Buffalo Chicken Wrap

#### Week of 1/23:

House Salad  
 Ham & Swiss Sub

#### Week of 1/30:

Ham Chef Salad  
 Turkey & Provolone Sub

Powering  
 potential.™

MON	TUES	WED	THURS	FRI
<b>NO SCHOOL</b>	Grilled Cheese Melt Tomato Soup	<b>Chef's Choice</b> Mixed Veggie Medley	Sloppy Joe Sandwich Baked Beans	Chicken Quesadilla Buttered Corn
French Toast Sticks w/ Sausage Hashbrown	Homestyle Chicken Tenders Mashed Potatoes Steamed Broccoli	<b>Black Bean Chili Frito Bowl</b> Steamed Carrots	Chicken Bowl w/ a Dinner Roll Buttered Corn	Bacon Cheeseburger Baked Beans
<b>NO SCHOOL</b>	Italian Meatball Sub Seasoned Green Beans	<b>Black Bean Chili Frito Bowl</b> Mixed Veggie Medley	Cheese Dippers w/ Sauce Buttered Corn	Pancakes w/ Sausage Hashbrown
<b>NO SCHOOL</b>	Pasta w/ Meat Sauce (Marinara Available) Seasoned Green Beans	<b>Black Bean Chili Frito Bowl</b> Steamed Carrots	Orange Chicken w/ Rice Steamed Broccoli	Smith's Hot Dog w/ Greek Sauce Baked Beans
Turkey & Cheese Pretzel Melt Tomato Soup	Mac-n-Cheese w/ Garlic Bread Seasoned Green Beans			

**Menus are subject to change daily & without notice due to global supply chain shortages**

Limited Time Only:  
 Black Bean Chili Frito Bowl  
 Give it a try!  
 Available on the Main Line:  
 January 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

Breakfast Menus  
 are available on:  
[nutrislice.com](http://nutrislice.com)

All Lunches Must  
 Include Choice of:  
 Fruit and/or  
 Vegetable  
 And May Include:  
 1% Low-Fat Milk

**aramark**  
 STUDENT  
 NUTRITION

This institution is an equal  
 opportunity providers

