

# January 2024

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
<b>BREAKFAST:</b> Students: \$2.00 Reduced: .30 Adult: \$2.25	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Egg, Ham, Cheese on English Muffin w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Pancakes/Yogurt/ Sausage 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				
<b>LUNCH:</b> Students: \$3.25 Reduced: .40 Adult: \$4.25  <b>Now Local:</b> Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3400 ext 3443, Menu Questions 751-3400 ext 3646				
	1 NO SCHOOL	2 Pizza Hut Pizza, PBJ, or Burrito	3 Pizza Hut Pizza, Hoagie or PBJ	4 Pizza Hut Pizza, Hoagie or Corn Dog	5 Chicken Patty on WG Bun, Hoagie, PBJ
	8 Cheeseburger on WG Bun w/ Baked Chips, Hoagies, PBJ	9 Pizza, PBJ, or Burrito	10 Pizza, Hoagie or, PBJ	11 Pizza, Hoagie or Corn Dog	12 Chicken Patty on WG Bun, Hoagie and PBJ
	15 Cheeseburger w/ Baked Chips, Hoagies, PBJ	16 Pizza, PBJ or Burrito	17 Pizza, Hoagie, PBJ	18 Pizza, Hoagie or Corn Dog	19 Chicken Patty on WG Bun, Hoagie or PBJ
	22 NO SCHOOL	23 Pizza, PBJ, or Burrito	24 Pizza, Hoagie, PBJ	25 Pizza, Hoagie or Corn Dog	26 Chicken Patty on WG Bun, Hoagie or PBJ
	29 Cheeseburger w/ Baked Chips, Hoagie or PBJ	30 Pizza, PBJ or Burrito	31 Pizza, 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				