

Poland Seminary High School
LUNCH - JANUARY 2025

MENUS SUBJECT TO CHANGE



Food Service Director:

Tammi Pearch
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What Makes a Meal?
 You must choose at least **3 of 5 components** available for the school lunch price.
 Choice of Meat/Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain and Choice of Milk
**Students must choose at least one fruit or vegetable*

Full Lunch: \$3.00; Lunch Entrée': \$2.00

Daily additional meal options may include:
Grill Options:
 Cheeseburger
 Breaded Chicken Sandwich
 Spicy Chicken Sandwich
Deli Options:
 A variety of wraps, salads and hoagies
 Wow-Butter & Jelly Sandwiches
 Bistro Boxes
 Fruit & Yogurt Parfaits

Fresh Fruits and Vegetables Offered Daily
Fruit/Veggie Side: \$1.00

***Vegetables may include:**
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery
 Red/Green Peppers
 Cucumber
 *May choose two 1/2 cup servings

***Fruits may include:**
 Crisp Apple
 Fresh Orange
 Banana
 Apple Slices
 Grapes
 Blueberries
 Strawberries
 *May choose one 1/2 cup serving

Milk Choices Offered Daily
 Fat Free Chocolate & Low Fat White
Milk: \$.65

Poland Local School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Crispy Chicken Nuggets w/ Buttered Noodles Creamy Mashed Potatoes w/ Gravy Diced Peaches Hot Ham & Cheese on Ciabatta	7 French Toast Sticks w/ 2 Sausage Patties Crispy Tater Tot Red Delicious Apple Chicken Nuggets w/Fresh Morabito Bread	8 Cheese Pizza Chickpea and Tomato Salad Fresh Orange Grilled Cheese Sandwich	9 Chicken & Cheese Soft Tacos Black Beans Diced Pears Fiestada Pizza	10 Sausage, Egg, & Cheese Bagel Baked French Fries Applesauce French Bread Pizza
13 Macaroni and Cheese w/ Garlic Toast Oven Roasted Carrots Citrusy Mandarin Oranges Hot Turkey & Cheese on Ciabatta	14 Freshly Baked Italian Dunkers Seasoned Steamed Broccoli Fresh Petite Banana Corn Dog Nuggets	15 Cheese Pizza Seasoned Steamed Green Beans Tropical Pineapple Tidbits Grilled Cheese Sandwich	16 Walking Taco with Beef,Cheese, Nacho Doritos and Fresh Bread Seasoned Steamed Golden Corn Red Delicious Apple Hot Ham & Cheese Pocket	17 Chicken Meatballs & Penne Pasta w/Fresh Bread Caesar Side Salad Refreshing Mixed Fruit Bosco Sticks w/Dipping Sauce
20	21 French Toast Sticks w/ 2 Sausage Patties Crispy Tater Tot Sliced Luscious Strawberries Meatball Hoagie	22 Cheese Pizza Oven Roasted Carrots Red Delicious Apple Grilled Cheese Sandwich	23 Beef & Cheese Nachos Black Beans Citrusy Mandarin Oranges Chicken Nuggets w/Fresh Morabito Bread	24 Chicken w/ Gravy and Biscuit Potato Bowl Fresh Petite Banana Bosco Sticks w/Dipping Sauce
27 Popcorn Chicken Bowl w/ Fresh Bread Refreshing Mixed Fruit French Bread Pizza	28 Tangy BBQ Chicken Dunkers BBQ Baked Beans Fresh Petite Banana Corn Dog Nuggets	29 Cheese Pizza Seasoned Steamed Green Beans Diced Pears Grilled Cheese Sandwich	30 Cheesy Chicken Nachos Seasoned Steamed Golden Corn Oranges-RH# 21868 Fiestada Pizza	31 Nashville Honey Hot Breaded Chicken Sandwich Seasoned Steamed Broccoli Tropical Pineapple Tidbits Bosco Sticks w/Dipping Sauce