

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>New year, new you starts with healthy choices.</b></p>			<p><b>1</b></p>	<p><b>2</b></p> <p><b>SCHOOL BREAK</b></p>
<p><b>5</b></p> <p><b>Stuffed Crust Cheese or Pepperoni Pizza</b> Sweet Steamed Corn Fresh Fruit &amp; Vegetable Bar</p>	<p><b>6</b></p> <p><b>Salisbury Steak Whole Grain Dinner Roll</b> Creamy Mashed Potatoes w/ Gravy Fresh Fruit &amp; Vegetable Bar</p>	<p><b>7</b></p> <p><b>Chicken or Beef Taco</b> Cheesy Refried Beans Fresh Fruit &amp; Vegetable Bar</p>	<p><b>8</b></p> <p><b>Orange Chicken w/ Steamed Rice</b> Fresh Steamed Broccoli Fresh Fruit &amp; Vegetable Bar</p>	<p><b>9</b></p> <p><b>Grilled Cheeseburger or Hamburger</b> Oven Baked Fries Fresh Fruit &amp; Vegetable Bar</p>
<p><b>12</b></p> <p><b>Beef Pepperoni Calzone w/ Marinara Sauce</b> Seasoned Steamed Green Beans Fresh Fruit &amp; Vegetable Bar</p>	<p><b>13</b></p> <p><b>Loaded Fries Goldfish Crackers</b> Fresh Fruit &amp; Vegetable Bar</p>	<p><b>14</b></p> <p><b>Sweet &amp; Spicy BBQ Chicken Bowl</b> <b>Whole Grain Dinner Roll</b> Sweet Steamed Corn Fresh Fruit &amp; Vegetable Bar</p>	<p><b>15</b></p> <p><b>Italian Dunkers w/ Marinara Sauce</b> <b>Buffalo Chicken Dunkers</b> Fresh Steamed Broccoli Fresh Fruit &amp; Vegetable Bar</p>	<p><b>16</b></p> <p><b>Chicken &amp; Gravy Sandwich</b> Mashed Potatoes w/ Gravy Fresh Fruit &amp; Vegetable Bar</p>
<p><b>19</b></p> <p>Martin Luther King Jr. Day <b>NO SCHOOL</b></p>	<p><b>20</b></p> <p><b>BBQ Pork Flatbread</b> Honey Roasted Carrots Fresh Fruit &amp; Vegetable Bar</p>	<p><b>21</b></p> <p><b>Popcorn Chicken Po'Boy</b> Sweet Potato Fries Fresh Fruit &amp; Vegetable Bar</p>	<p><b>22</b></p> <p><b>Cinnamon French Toast Sticks w/ Sausage</b> Crispy Tater Tots Fresh Fruit &amp; Vegetable Bar</p>	<p><b>23</b></p> <p><b>Homemade Cheese or Pepperoni Pizza</b> <b>Hawaiian Pizza</b> Fresh Steamed Broccoli Fresh Fruit &amp; Vegetable Bar</p>
<p><b>26</b></p> <p><b>Oven Roasted Chicken w/ Biscuit</b> Corn on-the-cob Fresh Fruit &amp; Vegetable Bar</p>	<p><b>27</b></p> <p><b>Cheesy Tortellini w/ Creamy Alfredo Sauce</b> <b>Roasted Garlic Breadstick</b> Italian Green Beans Fresh Fruit &amp; Vegetable Bar</p>	<p><b>28</b></p> <p><b>Chicken or Beef Nachos</b> Cheesy Seasoned Refried Beans Fresh Fruit &amp; Vegetable Bar</p>	<p><b>29</b></p> <p><b>Asian Dumplings w/ Fried Rice</b> Fresh Steamed Broccoli Fresh Fruit &amp; Vegetable Bar</p>	<p><b>30</b></p> <p><b>Bosco Sticks w/ Marinara Sauce</b> Sweet Green Peas Fresh Fruit &amp; Vegetable Bar</p>

**THE PIZZERIA**

- Cheese Pizza
- Pepperoni Pizza
- Hot Honey Pizza
- Buffalo Chicken Pizza
- BBQ Chicken Pizza
- Chicken Tikka Masala Pizza

**THE GRILL**

- Grilled Cheeseburger
- Grilled Hamburger
- Crispy Chicken Sandwich
- Spicy Chicken Sandwich
- BBQ Rib Hoagie
- Cheesy Meatball Hoagie

**GRAB N' GO**

- Ham & Cheese Wrap, Sub or Chef Salad
- Turkey & Cheese Wrap, Sub or Chef Salad
- Grilled Chicken Salad

**WHAT MAKES A MEAL?**

You must choose at least 3 of 5 components available for the school lunch price.  
Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread, and Choice of Milk  
\*Students must choose at least one fruit or vegetable

**MILK OPTIONS**

Fat Free Milk, Fat Free Chocolate Milk

**FRUIT & VEGGIE OPTIONS**

Broccoli Florets | Baby Carrots  
Dark Leafy Greens | Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings  
Crisp Apple | Sliced Peaches | Mixed Fruit  
Fresh Orange | Banana | Pineapple Tidbits  
Diced Pears | Applesauce

\*K-8 may choose up to 1/2 cup serving.  
9th-12th may choose two 1/2 cup servings

**ALTERNATE MENU OPTIONS**

Peanut Butter & Jelly Sandwich: Strawberry or Grape  
Fruit & Yogurt Parfait

