



Middle & High School Lunch January 2021

LUNCH & BREAKFAST FOR YOU

Bright Colors...Big Flavors...

MONDAY	TUESDAY	WEDNESDAY <small>Build Your Own</small>	THURSDAY	FRIDAY	
Free Breakfast and Lunch For all Students				1 HAPPY NEW YEAR! 2021	<p>We offer a variety of options for you to choose from every day. There is something for everyone. Every meal comes complete with fruit, veggies, and milk. When possible, we will purchase locally and source out farm to table ingredients.</p> <p>We offer 1% White Milk, Skim Chocolate</p>
4 <u>Tasty Taco Bites</u> Black Beans Fresh Fruit Cup Ice Cold Milk	5 <u>Waffle W/Syrup & Chicken Sausage</u> <u>Baked Puffs</u> Cucumber Slices Fresh Fruit Cup Ice Cold Milk	6 <u>Grilled Chicken Sandwich</u> <u>W/American Cheese</u> Sweet Corn Fresh Apple or Orange	7 <u>Crispy Chicken Breast W/Cheddar Cheese</u> <u>Sandwich</u> Carrot Sticks Fresh Fruit Cup Ice Cold Milk	8 <u>Chicken Finger Sub W/Melted Mozzarella</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	
11 <u>Chicken Nuggets W/Dipping Sauce</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	12 <u>Cheeseburger Sub</u> Carrot Sticks Fresh Fruit Cup Ice Cold Milk	13 <u>Egg McMuffin</u> Celery Sticks Fresh Apple or Orange	14 <u>French Toast W/Syrup & Chicken Sausage</u> Cucumber Slices Fresh Fruit Cup Ice Cold Milk	15 <u>Steak & Cheese Sub</u> Carrot Sticks Fresh Fruit Cup Ice Cold Milk	
18 <u>Martin Luther King Day</u>	19 <u>Chicken Finger Sub W/Melted Mozzarella</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	20 <u>Chicken Nuggets</u> Carrot Sticks Fresh Apple or Orange	21 <u>Tasty Taco Bites</u> Black Beans Fresh Fruit Cup Ice Cold Milk	22 <u>Pizza Crunchers</u> Garbanzo Beans Fresh Fruit Cup Ice Cold Milk	
25 <u>Steak & Cheese Sub</u> Carrot Sticks Fresh Fruit Cup Ice Cold Milk	26 <u>French Toast W/Syrup & Chicken Sausage</u> Cucumber Slices Fresh Fruit Cup Ice Cold Milk	27 <u>Ball Park Frank</u> Celery Sticks Fresh Apple or Orange	28 <u>Waffle W/Syrup & Chicken Sausage</u> Cucumber Slices Fresh Fruit Cup Ice Cold Milk	29 <u>Chicken Nuggets W/Dipping Sauce</u> Cucumber Coins Fresh Fruit Cup Ice Cold Milk	

Safety is our number one concern!! All Food Service Workers have been trained and wearing the approved Covid PPE. We look forward to serving your children a nutritious breakfast and lunch.

Breakfast Menu

Mon: Banana Muffin, Graham Crackers, 100% Fruit Juice, Milk
 Tues: Whole Grain Cereal Bowl, Graham Crackers, Fresh Fruit, Milk
 Weds: Bagel W/Cream Cheese, 100% Fruit Juice, Milk
 Thurs: Whole Grain Cereal Bowl, Graham Crackers Fresh Fruit, Milk
 Fri: Mini Pancakes, Fresh Fruit, Milk

Menus are subject to change without notice.

