



Lunch Menu
9-12th Grade
January 2023

Serving Sizes are as follows:

9- 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| January 2 Turkey Sausage String Cheese WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage | January 3 Turkey Sausage String Cheese WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage | January 4 Turkey & Cheddar Cheese on WW Bread Fresh Broccoli Garbanzo Beans Mayonnaise Fruit Milk Cheese Sandwich | January 5 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk | January 6 Pizza Sticks Carrot Sticks x2 w/ Ranch Fruit Milk |
| January 9 Turkey Ham Steak Whole Wheat Bread Peas & Baked Beans Fruit Milk Veggie Burger | January 10 Beef BBQ on WG Bun Sweet Potato Fries Fruit Milk Veggie Bean BBQ | January 11 SW Chicken Wrap on WG Flour Tortilla w/ Cheddar Cheese & Salsa Ranch Dressing Fresh Broccoli w/ Ranch Fruit Milk Edamame Wrap | January 12 Curry Chicken over Brown Rice Green Beans Fruit Milk Curry Tofu "National Curry Chicken Day" | January 13 Egg Patty w/ American Cheese English Muffin Breakfast Potatoes Fruit Milk |
| January 16 Taco Beef w/ Shredded Cheddar Cheese WG Sunchips Brown Rice Corn & Black Bean Salad Fruit Milk Bean Burrito | January 17 Sweet & Sour Chicken Brown Rice Mixed Vegetables Fruit Milk Sweet & Sour Veggie Meat Balls | January 18 Turkey Ham & Cheddar Cheese on WW Bread Fresh Broccoli Carrot Sticks Fruit Mayo Milk Cheese Sandwich | January 19 Beef Chili Brown Rice Cooked Carrots Shredded Cheddar Cheese Fruit Milk Bean Chili | January 20 Hamburger w/ Cheddar Cheese WG Sandwich Bun Baked Potato Ketchup Fruit Milk Veggie Patty on Wheat Bread |
| January 23 Baked Ziti w/ Ground Beef (WG Pasta w/ tomato sauce and mozz cheese) Mixed Vegetables Fruit Milk Veggie Meatball Parm | January 24 WG Chicken Tenders Mashed Potatoes Honey Mustard Goldfish Crackers Fruit Milk Veggie Nuggets | January 25 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Fresh Broccoli Fruit Milk Ranch Cheese Sandwich | January 26 Swedish Meatballs WG Pasta w/ Butter Cooked Carrots Fruit Milk Veggie Meatballs | January 27 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Garbanzo Beans Fruit Milk Tofu BBQ |
| January 30 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) California Veg Blend Dinner Roll & butter Fruit Milk Lentil Pie | January 31 Chicken Patty WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk Veggie Burger | February 1 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese & Garbanzo Beans WG Dinner Roll w/ Butter Caesar Dressing Fruit Milk Edamame | February 2 Meatballs in Marinara Sauce on WG Hoagie Roll Shredded Mozzarella Cheese Green Beans Fruit Milk Veggie Meatballs | February 3 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks w/ Ranch Fruit Milk Cheese Sandwich |

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos