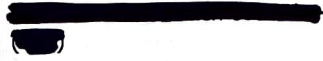







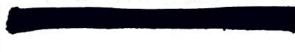

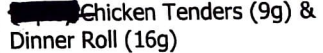










	Monday 1/17	Tuesday 1/18	Lean & Green Wed 1/19	Thursday 1/20	Friday 1/21
Entrée – choose 1				**Toasted Cheese Sandwich (36g) *Cheeseburger on Bun (27g) 	*Chicken Tenders (12g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) 
	NO SCHOOL	NO SCHOOL	NO SCHOOL	COLD ENTREES 	COLD ENTREES 
Choose 1 or more				 *Steamed Broccoli (2g)	*Mixed Vegetables – corn, peas, carrots, green & lima beans (9g)

WEEK 2

	Monday 1/24	Tuesday 1/25	Lean & Green Wed 1/26	Thursday 1/27	Friday 1/28
Entrée – choose 1	 *Pepperoni Pizza (34g) *Chili with Tortilla Chips (44g) & Dinner Roll (16g)	 **Macaroni-n-Cheese (25g) & Dinner Roll (16g) *Chicken Patty on Bun (34g)	  **French Bread Cheese Pizza (33g)	*Hamburger on Bun (26g)  *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	 *Chicken Tenders (9g) & Dinner Roll (16g) **Veggie Pizza (39g) or Cheese Pizza (34g) 
	COLD ENTREES 	COLD ENTREES 	COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES 	COLD ENTREES 
Choose 1 or more	*Corn (14g)	 *Collard Greens (4g)	*Green Beans (5g) 	 *California Mixed Vegetables (5g)	*Steamed Broccoli (2g) **Black beans (21g)

WEEK 3

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Vegetarian high protein food item is available at lunch daily. No pork, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 1/4/2022

	Monday 1/31	Tuesday 2/1	Lean & Green Wed 2/2	Thursday 2/3	Friday 2/4
Entrée – choose 1	[REDACTED] *Pepperoni Pizza (34g) [REDACTED]	[REDACTED] **Cheese Stuffed Breadsticks/ Spaghetti Sauce (37g) *Turkey Sausage & French Toast Sticks (59g)	NO SCHOOL	**Cheese & Bean (42g) <i>Burrito</i> *Chicken Drumstick & Waffle (35g) [REDACTED]	*Salisbury Steak on Bun (36g) **Veggie Pizza (39g) or Cheese Pizza (34g) [REDACTED]
	COLD ENTREES **Yogurt, [REDACTED] & Craisins (52-53g) & Grahams (38g)	COLD ENTREES [REDACTED]		COLD ENTREES [REDACTED]	COLD ENTREES [REDACTED]
Choose 1 or more	[REDACTED] <i>Brussels sprouts</i> **Black beans (21g)	[REDACTED] *Green Beans (5g)		[REDACTED] *Steamed Broccoli (2g)	*Italian Mixed Vegetables – (6g) zucchini, carrot, cauliflower, Italian green bean & lima bean

WEEK 4

	Monday 2/7	Tuesday 2/8	Lean & Green Wed 2/9	Thursday 2/10	Friday 2/11
Entrée – choose 1	[REDACTED] *Pepperoni Pizza (34g) [REDACTED] Cheese Melt (32g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) [REDACTED]	[REDACTED] * [REDACTED] **French Bread Cheese Pizza (33g)	[REDACTED] [REDACTED] * OH Day Hamburger on Bun (26g)	[REDACTED] **Veggie Pizza (39g) or Cheese Pizza (34g) *Chili Cheese Coney (26g) <i>Hot Dog</i>
	COLD ENTREES [REDACTED]	COLD ENTREES [REDACTED]	COLD ENTREES **Yogurt Parfait (53-58g) & Muffin (26-29g)	COLD ENTREES **Egg Combo (34-59g)	COLD ENTREES * [REDACTED]
Choose 1 or more	*Corn (14g) **Garbanzo beans (20g)	[REDACTED] *Steamed Broccoli (2g)	*Green Beans (5g) [REDACTED]	[REDACTED] *Collard Greens (4g)	**Baked Beans (28g)

WEEK 1

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots); students may have as many fresh fruits and vegetables that they would like to eat. A choice of 1% low fat white milk (13g) or fat-free chocolate milk (22g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Vegetarian high protein food item is available at lunch daily. No pork, nut or seafood offered. Menu subject to change. This institution is an equal opportunity provider, employer, and lender. Revised 1/4/2022