

51% WHOLE GRAINS
100% JUICE

POSITIVE EDUCATION PROGRAM
GRADES 9-12 HOT LUNCH MENU
JANUARY 2024

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY EMPLOYER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
|  <p style="font-size: 2em; font-weight: bold; text-align: center;">Winter Break</p> | | | | |
| 6 | 7 | 8 | 9 | 10 |
| CHICKEN TENDERS & WAFFLES 1 C ROASTED POTATOES 1/2 C MANDARIN ORANGE 1/2 C APPLE JUICE MILK | CHICKEN PATTY WGR BUN 1 C BAKED BEANS 1/2 C APPLESAUCE 1/2 C GRAPE JUICE MILK | WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C ORANGE JUICE MILK | LASAGNA ROLL UP 1 SLC WGR BREAD 1 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MARGARINE MILK | GRILLED CHEESE 1 C BROCCOLI 1/2 C PEARS 1/2 C GRAPE JUICE MILK |
| 13 | 14 | 15 | 16 | 17 |
| MAC & CHEESE 1 SLC WGR BREAD 1 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MARGARINE MILK | CHEESE & BEAN BURRITO 1 C CORN 1/2 C APPLESAUCE 1/2 C GRAPE JUICE TACO SAUCE MILK | WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C ORANGE JUICE MILK | SLOPPY JOE WGR BUN 1 C BROCCOLI 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK | IN-SERVICE NO STUDENTS |
| 20 | 21 | 22 | 23 | 24 |
|  <p style="font-size: 1.2em; font-weight: bold;">MLK HOLIDAY</p> | CHICKEN ALFREDO PASTA BAKE 1 C BROCCOLI 1/2 C APPLESAUCE 1/2 C GRAPE JUICE MILK | WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C ORANGE JUICE MILK | SWEET & SOUR CHICKEN OVER VEGGIE FRIED RICE 1 C GREEN BEANS 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK | CHEESEBURGER WGR BUN 1 C BAKED BEANS 1/2 C MIXED FRUIT 1/2 C GRAPE JUICE KETCHUP & MUSTARD MILK |
| 27 | 28 | 29 | 30 | 31 |
| PASTA & MEATBALL BAKE 3/4 C GREEN BEANS FRESH APPLE 1/2 C APPLE JUICE MILK | GRILLED CHICKEN ON WGR BUN 3/4 C ROASTED POTATOES 1/2 C APPLESAUCE 1/2 C ORANGE JUICE MILK | WGR CHEESE PIZZA 1 1/4 C COOKED CARROTS 1/2 C PEACHES 1/2 C ORANGE JUICE MILK | CHICKEN CORN DOG 1 C BAKED BEANS 1/2 C MANDARIN ORANGES 1/2 C APPLE JUICE MILK | ORANGE CHICKEN OVER VEGGIE FRIED RICE 1 C BROCCOLI 1/2 C PEARS 1/2 C GRAPE JUICE MILK |

SERVING SIZES:
2 OZ. OF WHOLE GRAIN, 2 OZ. PROTIEN, 1C FRUIT OR 1C FRUIT JUICE,
1C VEGETABLE, 8OZ. SKIM OR 1% MILK
CALORIES NOT TO EXCEED 850, SATURATED FAT NOT TO EXCEED 10% TOTAL WEEKLY CALORIES