

# January 2024

# Middle Lunch Menu

January is National Oatmeal Month!



Oatmeal dates back to 7000BC!

75% of all Americans eat oatmeal!

Oatmeal helps prevent heart disease!



## Daily Lunch Choices

### Choose 1:

Meat / Meatless Entrée,  
Entrée Salads,  
Cold Sandwiches

### Must Choose at least 1:

Hot & Cold Vegetables  
Variety of Fruits & Juices  
(may choose up to 2 servings each of fruits & veggies with their meal)

### May Choose 1 Milk:

Low Fat White,  
Fat Free Chocolate,  
Fat Free Strawberry or  
Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8</p> <p><b>Choose One:</b> Texas BBQ Pork Sandwich Managers Choice Apple a Day Salad Plate Greek Chicken Wrap <b>Choose:</b> Country Baked Beans Tossed Side Salad</p> <p>15</p> <p>No School for Students</p> <p>22</p> <p><b>Choose One:</b> Chicken Nuggets w/ Roll Pasta &amp; Meat Sauce Yogurt, Fruit &amp; Granola Parfait Turkey Club Sub <b>Choose:</b> Sweet Potato Fries Farmstand Veggie Dippers</p> <p>29</p> <p><b>Choose One:</b> Chicken Rice Bowls: Cherry Blossom or Firecracker Texas BBQ Pork Sandwich Apple a Day Salad Plate Greek Chicken Wrap <b>Choose:</b> Country Baked Beans Tossed Side Salad</p>	<p>2</p> <p>9</p> <p><b>Choose One:</b> Grilled Cheese or Grilled Ham n Cheese Managers Choice Chicken BLT Salad Italian Sub Hoagie <b>Choose:</b> Tomato Soup Sliced Cucumber Side Salad</p> <p>16</p> <p><b>Choose One:</b> Cheesy Bread Chicken &amp; Cheese Nachos Chicken Caesar Salad Ham, Turkey &amp; Cheese Hoagie <b>Choose:</b> Refried Fiesta Beans Marinara Sauce Cup Lettuce &amp; Tomato Side Salad</p> <p>23</p> <p><b>Choose One:</b> Beef or Pork Tacos w/ Tortillas Mini Cheese Calzones Chicken Caesar Salad Ham &amp; Cheese Hoagie <b>Choose:</b> Marinara Sauce Cup Santa Fe Black Beans</p> <p>30</p> <p><b>Choose One:</b> Grilled Cheese or Grilled Ham n Cheese Beefy-Mac w Garlic Toast Chicken BLT Salad Italian Sub Hoagie <b>Choose:</b> Tomato Soup Sliced Cucumber Side Salad</p>	<p>3</p> <p>10</p> <p><b>Choose One:</b> Steak Fingers Potato Bowl w/ Roll Managers Choice Yogurt, Fruit &amp; Granola Parfait PBJ Triple Decker <b>Choose:</b> Mashed Potato &amp; Gravy Marinara Sauce Cup Farmstand Veggie Dippers</p> <p>17</p> <p><b>Choose One:</b> Teriyaki Beef Dippers w/ Rice &amp; Roll Cheese Max Sticks Popcorn Chicken Salad Buffalo Chicken Wrap <b>Choose:</b> Broccoli Florets Marinara Sauce Cup Sliced Cucumber Side Salad</p> <p>24</p> <p><b>Choose One:</b> Chicken Teriyaki Rice &amp; Roll Bacon Cheeseburger on a Bun Apple a Day Salad Plate Turkey Croissant Munchable <b>Choose:</b> Broccoli Florets Lettuce &amp; Tomato Side Salad</p> <p>31</p> <p><b>Choose One:</b> Popcorn Chicken Bowl w /Roll Meat Lovers Stromboli Yogurt, Fruit &amp; Granola Parfait PBJ Triple Decker <b>Choose:</b> Mashed Potato &amp; Gravy Marinara Sauce Cup Farmstand Veggie Dippers</p>	<p>4</p> <p>11</p> <p><b>Choose One:</b> Cheese Quesadilla Managers Choice Beef or Pork Taco Salad Spicy Chicken Wrap <b>Choose:</b> Green Beans Salsa Cup Romaine Side Salad</p> <p>18</p> <p><b>Choose One:</b> Chicken Parm Sandwich Hot Dog on a Bun Greek Salad Ham Croissant Munchable <b>Choose:</b> Crinkle Crispy Fries Romaine Side Salad</p> <p>25</p> <p><b>Choose One:</b> Brunch for Lunch Breaded Chicken Drumstick, Mac n Cheese, Garlic Toast Harvest Farmers Salad Chicken Caesar Wrap <b>Choose:</b> Deli Roasted Potato Romaine Side Salad</p> <p>For Menu &amp; Nutrition Information or to download the app on your device! Visit <a href="https://nutrislice.com">nutrislice.com</a></p>	<p>5</p> <p>Classes Resume January 8th 2024</p> <p>12</p> <p><b>Choose One:</b> Cheesy Shrimp Tacos w/ Tortillas Managers Choice Fruit &amp; Yogurt Plate Turkey &amp; Cheese Sandwich <b>Choose:</b> Broccoli Florets Carrot Dippers Side Salad</p> <p>19</p> <p><b>Choose One:</b> Chicken Broccoli Penne Alfredo w/ Garlic Roll Fish &amp; Tots Basket w/ Cornbread Apple a Day Salad Plate PBJ Uncrustable / 3x Decker <b>Choose:</b> Green Beans Carrot Dippers Side Salad</p> <p>26</p> <p><b>Choose One:</b> Cheese Pizza Crunchers Fish &amp; Chip Basket w/ Cornbread Fruit &amp; Yogurt Plate PBJ Uncrustable / 3x Decker <b>Choose:</b> Green Beans Carrot Dippers Side Salad</p> <p>Menus are subject to change!</p> <p>We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!</p>

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