















January 2022 | ES/MS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Popcorn Chicken	4 Three Bean Chili 	5 Pancakes with Turkey Sausage and Potatoes with Berry Compote	6 Cheese Pizza  Pepperoni Pizza 	7 Hand Rolled Burritos Beef, Bean and Cheese or Bean and Cheese 
10 Cheesy Baked Potatoes with Chili  Popcorn Chicken	11 Grilled Cheese Sandwich  Hamburger Cheeseburger	12 Turkey with Gravy, Mashed Potatoes, and a Wheat Roll	13 Cheese Pizza  Pepperoni Pizza 	14 Alaskan Pollock Chicken Burger
17 Dr. Martin Luther King Jr. Day Schools Closed	18 Oven Baked Chicken with Mashed Potatoes Hamburger Cheeseburger	19 Chicken and Egg Fried Rice or Egg Fried Rice  Cheese Sandwich	20 Cheese Pizza  Pepperoni Pizza 	21 Chicken Potstickers with Brown Rice Chicken Burger
24 Pasta with Marinara and Meatballs Popcorn Chicken	25 Indian Curry Chicken with Brown Rice Hamburger Cheeseburger	26 Yakisoba with Chicken or Vegetables  Turkey Sandwich	27 Cheese Pizza  Pepperoni Pizza 	28 No School for Students
31 No School for Students				

Updated: 1/26/22

 Vegetarian option, may contain cheese &/or egg |  Pork | PB&J, yogurt, cheese sandwich and hummus are offered weekly 

Lunch includes one entrée, milk and **unlimited fruits and vegetables**. Students **MUST** choose at least ½ cup of fruit or vegetable.

Menu is subject to change. This institution is an equal opportunity provider.