

January

HS => K-12 Satellite Hot Lunch Menu

Fun Facts!

January is National Oatmeal Month!



- * Oatmeal dates back to 7000BC!
- * 75% of all Americans eat oatmeal!



* Oatmeal helps prevent heart

DAILY BREAKFAST CHOICES

Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast. Must choose at least 1: Fruit or Juice. May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:

Choose 1: Entrée. Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal) May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

Monday

Tuesday

Wednesday

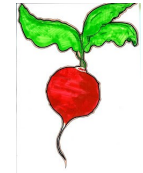
Thursday

Friday



School Resumes Monday, January 8, 2018

All menus are subject to change! We do our best to provide our customers with all of our planned options, however, occasionally weather, crops and supplies have other ideas!



Radish

8

Chicken Sandwich
Edamame Blend
Fresh Veggie Dippers
Canned Fruit

9

Pepperoni Stuffed Sandwich
Oven Baked Beans
Romaine Side Salad
Fresh Fruit

10

Chicken Nuggets
Sweet Potato Waffle Fries OR
Glazed Sweet Potatoes
Sliced Cucumbers w/ Dip
100% Fruit Juice

11

Teriyaki Beef Dippers
w/ Rice & Roll
Steamed Broccoli
Leafy Green Side Salad
Canned Fruit

12

Chicken & Waffle
Corn Niblets
Fresh Baby Carrots w/ Dip
Fresh Fruit

15

NO SCHOOL
MLK Jr. DAY



16

Chicken Drumstick
Hush Puppies
Oven Baked Beans
Romaine Side Salad
Fresh Fruit

17

Chicken Nuggets
Cooked Sliced Carrots
Sliced Cucumbers w/ Dip
100% Fruit Juice

18

Pizza Crunchers
Corn Niblets
Leafy Green Side Salad
Canned Fruit

19

Chicken Tender Basket
w/ Onion Rings
Spinach Or Collard Greens
Fresh Baby Carrots w/ Dip
Fresh Fruit

22

Rib-B-Q Sandwich
Oven Crinkle Fries
Fresh Veggie Dippers
Canned Fruit

23

Corn Dog
Sliced Carrots
Romaine Side Salad
Fresh Fruit

24

BBQ or Herb Roasted Chicken
w/ Roll
Mashed Potatoes w/ Gravy
Sliced Cucumbers w/ Dip
100% Fruit Juice

25

Beef or Pork Tacos
Fiesta Beans
Leafy Green Side Salad
Canned Fruit

26

Chicken-Broccoli Penne
Alfredo w/ Breadstick
Steamed Broccoli
Fresh Baby Carrots w/ Dip
Fresh Fruit

29

Chicken Sandwich
Edamame Blend
Fresh Veggie Dippers
Canned Fruit

30

Pepperoni Stuffed Sandwich
Oven Baked Beans
Romaine Side Salad
Fresh Fruit

31

Chicken Nuggets
Sweet Potato Waffle Fries OR
Glazed Sweet Potatoes
Sliced Cucumbers w/ Dip
100% Fruit Juice



Visit nutrislice.com for Menu & Nutrition Information. You can also download the app on your mobile device!

